

redefine.

the dragon 2005

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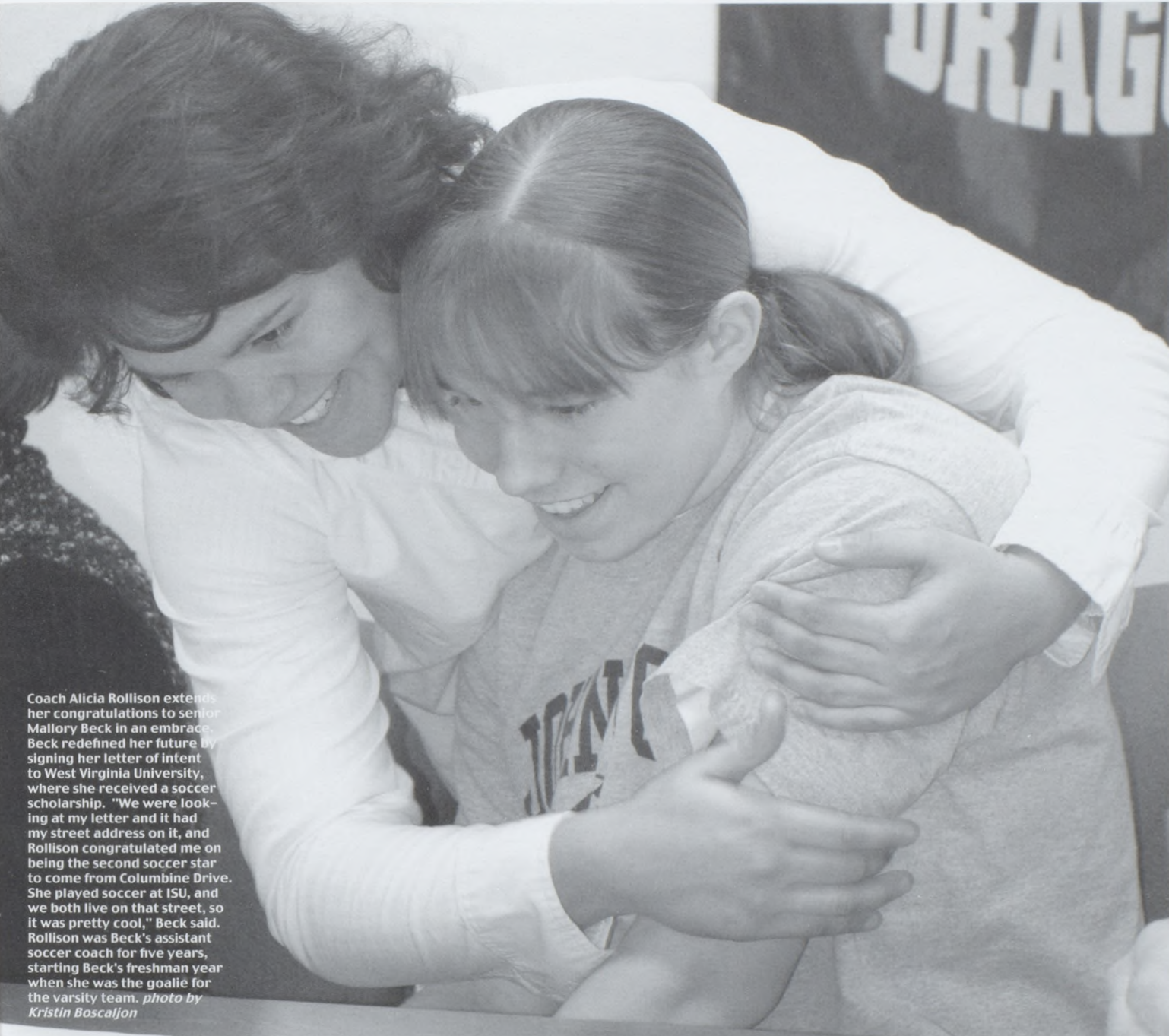
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redefine.

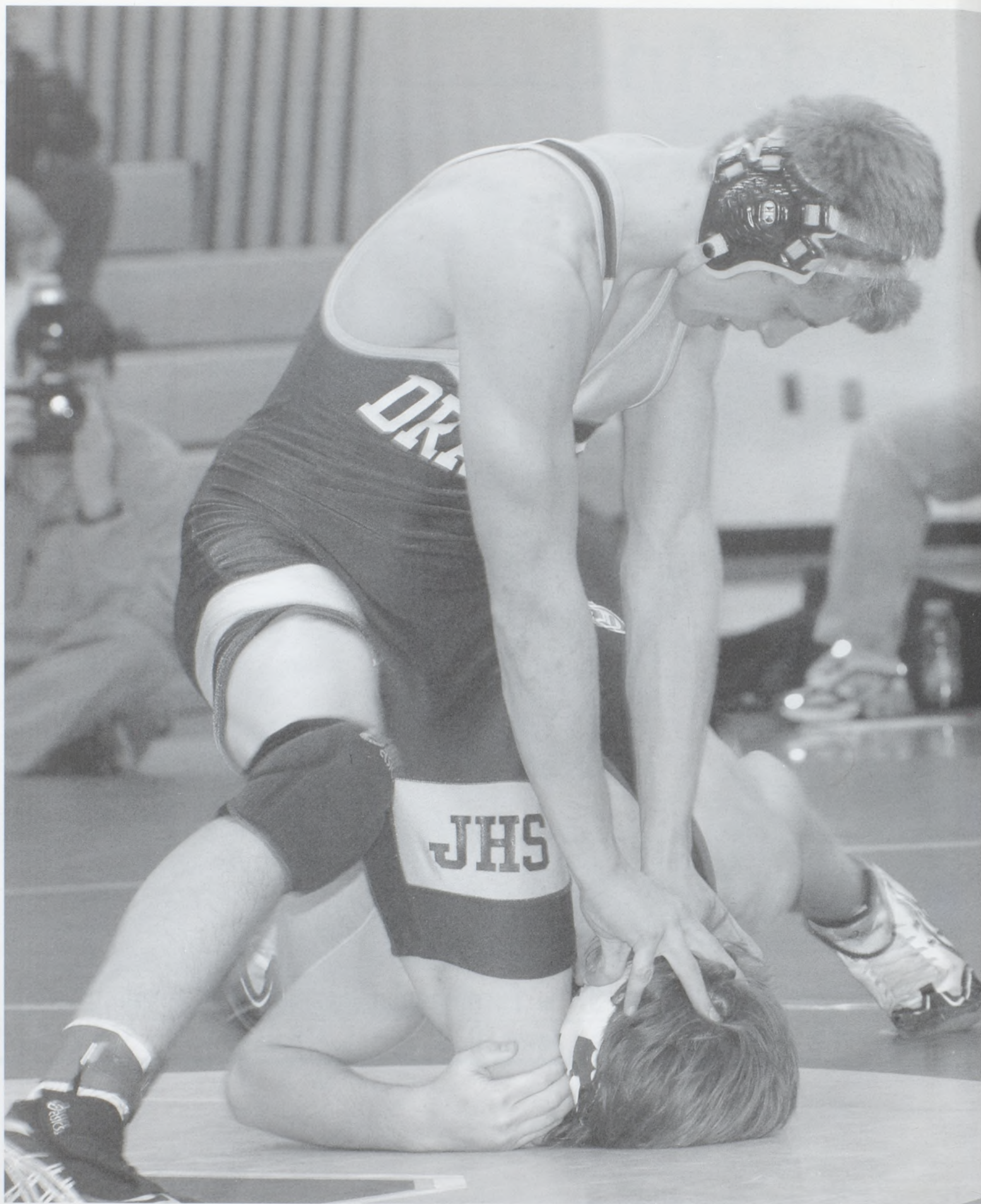


redefine



Coach Alicia Rollison extends her congratulations to senior Mallory Beck in an embrace. Beck redefined her future by signing her letter of intent to West Virginia University, where she received a soccer scholarship. "We were looking at my letter and it had my street address on it, and Rollison congratulated me on being the second soccer star to come from Columbine Drive. She played soccer at ISU, and we both live on that street, so it was pretty cool," Beck said. Rollison was Beck's assistant soccer coach for five years, starting Beck's freshman year when she was the goalie for the varsity team. *photo by Kristin Boscaljon*

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redefine.

re•de•fine \,rè-di-'fīn\ *vr* **1:** to define (a concept) again
2: to reexamine or reevaluate esp. with a view to change
3: to be a part of Johnston High School in 2004-2005

If there was ever a redefining year at Johnston High School, this was it. An endlessly growing district had left us bursting at the seams, and big changes were no doubt needed. The most dramatic difference was obvious the moment we stepped through the doors in August: we found ourselves one grade short as the freshmen began their residence in the converted 8/9 building across the parking lot, which had previously served as the middle school. Suddenly, we had a little more room to breathe, but the shift forced us to redefine nearly every aspect of life inside these four walls.

A plethora of other changes marked a gripping year. After much delay, the new Summit Middle School finally opened its state-of-the-art pool to a flood of enthusiasm. One hundred sophomores held a wide range of strong opinions on the Smaller Learning Community, a pilot program aimed at fostering participation and belonging. Jerry Stratton, a popular social studies teacher, made a mid-year jump to associate principal as the administration adjusted to the school's new dynamic.

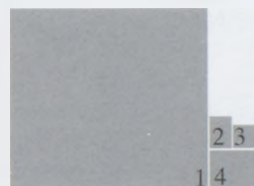
Whatever your perspective, the events of 2004-2005 made for an exciting time. We were charting unknown territory, the unexpected waiting around every corner. And now, turn the page and read on... the remarkable tale of our redefinition awaits. *spread by Kristin Boscaljon, theme copy by Stacie Bendixen*



photo by Kristin Boscaljon



photo by Kristin Boscaljon



1) Making his opponent eat the ground, sophomore Toph Riddle struggles to pin his man. Although Riddle lost his personal match against Dowling Catholic, the team as a whole walked away triumphant.

2) Senior Fifi Albathe takes on the temporary role of director as she conducts the pep band through the "Star Spangled Banner," while Junior Brian Sloan plays his saxophone behind her. "(Senior) Tim Sanders's dad approached me and asked if I would be interested in coordinating a pep band appearance at the first swim meet (at Summit). He asked because he knew we showed up at a cross country meet once. I told him I'd love to," Albathe said.

3) Sophomore Jeff Rassmussen adds another link to his chain mail coat. The coat, otherwise known as a hauberk, was a project for Rassmussen's first semester ELP project. He chose to work on the hauberk so he could obtain full-fledged membership in a local sword fighting group. According to teacher Sue Cline, this was the first time anyone had made chain mail for an ELP project.

4) Taking a break from the usual hustle and bustle of the world, senior Wendy Xu works on her AP English homework at Barnes and Noble. Xu studied there at the beginning of the year, hoping it would improve her study habits. "Going there didn't really help me too much," Xu said, "so I stopped going after the first couple times."

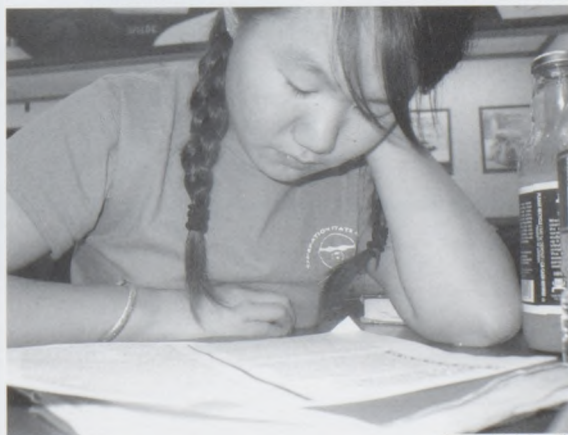


photo by Kristin Boscaljon

photo by Andy Pullen

redefine your views...

Even with the realignment of the district and the reduction of our population, our halls were certainly still crowded. As we shuffled along in the slow-moving herd, we recognized many faces as those we saw at the same time each day. But despite all the contact we had with each other, did we really know each other? We decided the answer was no, so we did something about it: we created opportunities for students to step into the shoes of their classmates and experience life from a new perspective. For each profile in this section, we randomly selected two people, learned their stories, and compelled one to give the other's "thing" a try. A technology junkie experiences the freedom of abstract painting. A self-proclaimed neat freak gets down with break dancing. One learned how to be a cheerleader; another dove into the fascinating world of *Stars Wars*® trivia; yet another dyed his hair for the first time ever. These are just a few of the exciting adventures of our brave participants, many of whom came away with redefined views of fellow students and of themselves. Their insights afford us all a rare look into the trials and passions of the strangers we encountered every day.

Opposite the profiles, you'll find portraits of each student and faculty member, in alphabetical order. Also in this section are senior ads, an example of which is found below—don't miss all the cute (and occasionally embarrassing) baby photos of the class of 2005.



Mikaela Donaldson

Mikaela,
From this little pink bundle
you have grown into this
spirited, toe tapping, sincere
young woman. May you
continue to excel in all these
characteristics and follow all
your dreams! We are very
proud of you!
All our love,
Mom and Dad



see senior ads on pg. 20

Holding on for dear life
to the wall of the skating
arena, senior Ashley
Wheeldon practices her
ice skating technique.

Wheeldon, a varsity
basketball player, was
asked to switch spots
with sophomore Sarah
Blume to see what it
was like to skate in
someone else's shoes.



see more on pg. 6

people

pages

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20-30	senior ads
31-39	juniors
39-51	sophomores
51-53	faculty



the HOOPSTER



(senior Ashley Wheeldon)

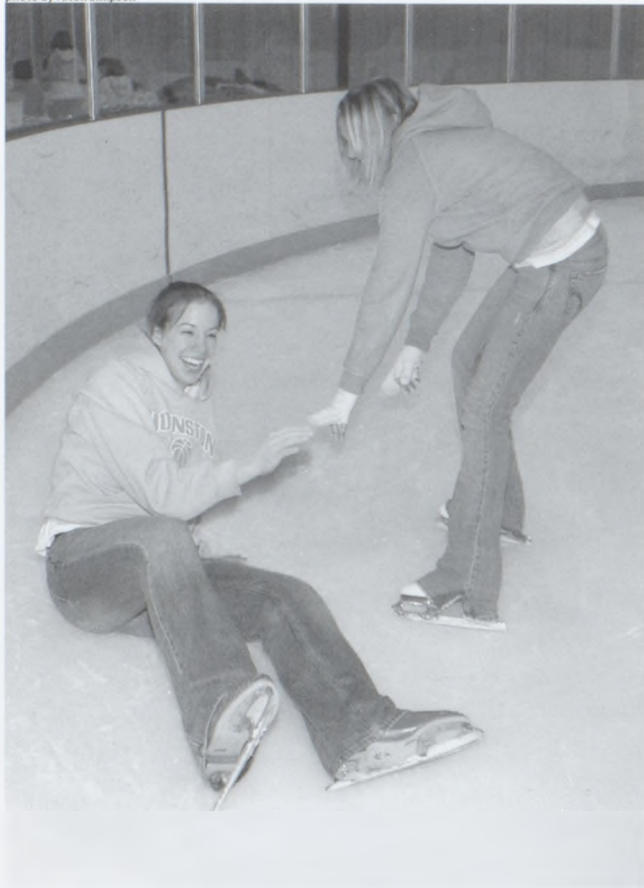
becomes an

Ice Princess



(sophomore Sarah Blume)

photo by Afton Simpson



Blume lends a helping hand after Wheeldon takes a spill on the ice. Having not skated since fifth grade, Wheeldon did a good job at staying up on both feet, although she did have some down time. "Falling was the most fun part," Wheeldon said, "even though I don't think I'd come back and skate by myself."

before

For the past 10 years, senior Ashley Wheeldon had been an avid basketball player. "I think my mom threw me on a court and that's how I got involved," Wheeldon said. She played the role of postman for the varsity girls' basketball team. "I haven't been skating since fifth grade," Wheeldon said. "I sucked at it so bad, but I think today's experience will be fun. I'm just scared, and I just don't want to get hurt."



photo by Matthew Schultz

Unlike Wheeldon, sophomore Sarah Blume had eight years of skating under her belt. Blume had taken ice skating lessons with private instructors in the past at 5 a.m. at Metro Ice Sports Arena. Blume admitted to taking a break from skating for the past three years due to other activities. "This should be interesting," Blume said. "I haven't really taught anyone how to skate before. It's also going to be a refresher for me too."

during

After putting on skates, Blume and Wheeldon hit the ice to do some practice laps, just to see how well Wheeldon could skate. Once warmed up it was time for stretches. "I don't think I can do this," Wheeldon exclaimed as Blume instructed her how to properly stretch against the rink wall.

The third yet most important item on the day's agenda was to learn how to stop. "Grrr...", Wheeldon said after each failed attempt. After a few more practice stops, Blume decided to teach her some more difficult moves. Blume instructed Wheeldon how to do crossovers, toe mantels, to skate backwards and to properly stroke. "What was this whole thing?" Wheeldon said after asking Blume to remind her of a favorite move. "I really enjoyed stroking." After skating, it was time to get the skates off and enjoy a snack.

after

"That was interesting," Wheeldon said as she and Blume sat at the fireplace to enjoy two hot chocolates, a hot dog, some nachos, and a Dr. Pepper. "I certainly have more respect for ice skaters. It sure does take a lot of time commitment and work to get anywhere close to being good," Wheeldon said.

"It would have been sweet if Wheeldon would have been skating before. Then I could have taught her some jumps and simple spins," Blume said. "Ashley did pretty well for someone not being on the ice since about fifth grade."

As Wheeldon put it, "Even though the work ethics and lifestyles between our sports are different, they're both fun."



photo by Matthew Schultz

**seniors,
ackelson-celia**



photo by Matthew Schultz

While showing Wheeldon how to properly tie a pair of skates, Blume explains that you have to bend your knees. Although Wheeldon had a knee brace due to a torn ACL she received from basketball, she wasn't affected during the ice excursion.



photo by Matthew Schultz

Before hitting the ice, Wheeldon and Blume stand along the rail of the rink to do some stretching. "It's important to be stretched and warmed up before skating or serious injuries can occur, as in any other sport," Blume said.



Michelle L. Ackelson
Michael J. Adam
Feiruz Albathe
Ashley M. Aller
Jason R. Arment
Drew Armstrong

Sarah Aschim
Meghan Atkinson
Kristin Badgley
Niles Bailey
Reid Baker
Zach Barber

Ryan Bass
Kathryn A. Battani
Christa Beason
Mallory Jean Beck
Hallie Beckfield
Justin Behanish

Stacie Ann Bendixen
Emily Elizabeth Bibler
Stephanie S. Bittner
Lori Bjork
Ty Blackford
Justine Lorelle Blanchard

Kelly Leigh Blaylock
Tara Anne Blutt
Jarrad Levi Boever
Matt M. Bole
Jill Anna Borich
Kristin Alyse Boscaljon

Cole Hudson Brackney
Brock Andrew Brones
Alison K. Brown
Joel Burke
Nick S. Bussanmas
Stephen M. Butler

Lauren M. Butterwick
Anelise S. Cardoso
Jenny Carl
Kristen M. Carter
Kyle Catron
Anthony Celia

people

the WRESTLER

becomes a

Cartoonist

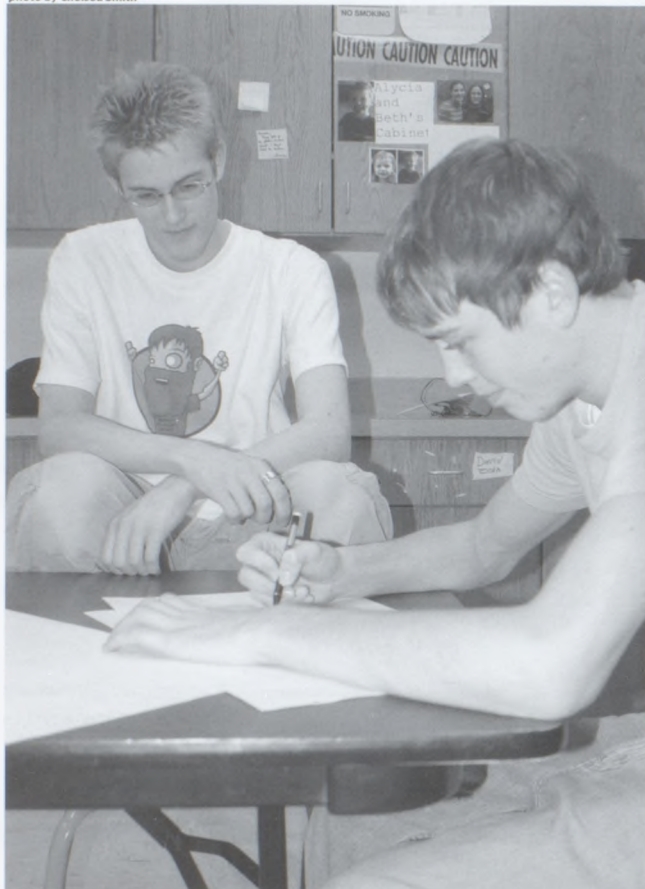


(junior Joey Glenn)



(senior Mark Smart)

photo by Chelsea Smith



Smart watches as Glenn tries completing the other half of the face that he started to sketch. Not knowing how well Glenn drew to begin with, Smart was impressed. "He did pretty good for just beginning," Smart said.



photo by Chelsea Smith

Glenn used one of Smart's "Right Shoe Comics" in the February issue of the *Black and White* newspaper as an example when creating his own version. The story told of how in the perfect world people would fall in love when shot by Cupid, but in the real world Cupid would be arrested.

before

Normally after school junior Joey Glenn would be found at wrestling practice instead of sketching out comic strips, like senior Mark Smart. "Drawing is not my thing," Glenn said, "because it takes a lot of time and patience."

However, for Smart, a lot of time was not necessary in order to create a comic. "It takes me about five minutes to draw one," he said. After he got done sketching it, it took another half hour to finalize it on his computer.

According to Smart, he made a comic at least once a week, in addition to the comics he did for the *Black and White* newspaper. His ideas came from listening to his friends' conversations. "Sometimes I hear things that give me ideas, so I write them down," Smart said.



photo by Chelsea Smith

during

Glenn warmed up to the skill by drawing his version of Sonic the Hedgehog. "It's the only thing I know how to draw," Glenn said. Smart thought the picture was pretty good even though he was not sure what Sonic looked like.

In order to help Glenn further his drawing abilities, Smart drew the left half of a face and handed the paper to Glenn to finish. "Are you joking?" Glenn said. He was not prepared to step up to Smart's drawing level yet, but tried his best.

When Glenn was done with his first task Smart then explained to him the procedures in creating a comic of his own. "The first step is to come up with the characters," Smart said. "Then you have to develop the story. Once the characters and story are all planned out, then you can begin drawing it." Glenn tried to come up with an original story but fell back on one of Smart's ideas. "It was hard," Glenn said, "because I couldn't think of anything to draw."

after

Glenn took longer than Smart's usual five minutes but eventually completed the comic. When he was done Smart looked over it. "He did pretty good," Smart said. "I drew like that last year. Then I practiced over the summer and got better."

According to Smart, he did not use special techniques when creating his comics. "I just sketch the comic out and edit it on Photo Draw, the program on my computer," he said.

Once Glenn was finished he realized that making comics was not as bad as he thought it was going to be. "If I was good at it I would draw comics more often," Glenn said, "but I'm not."



photo by Chelsea Smith

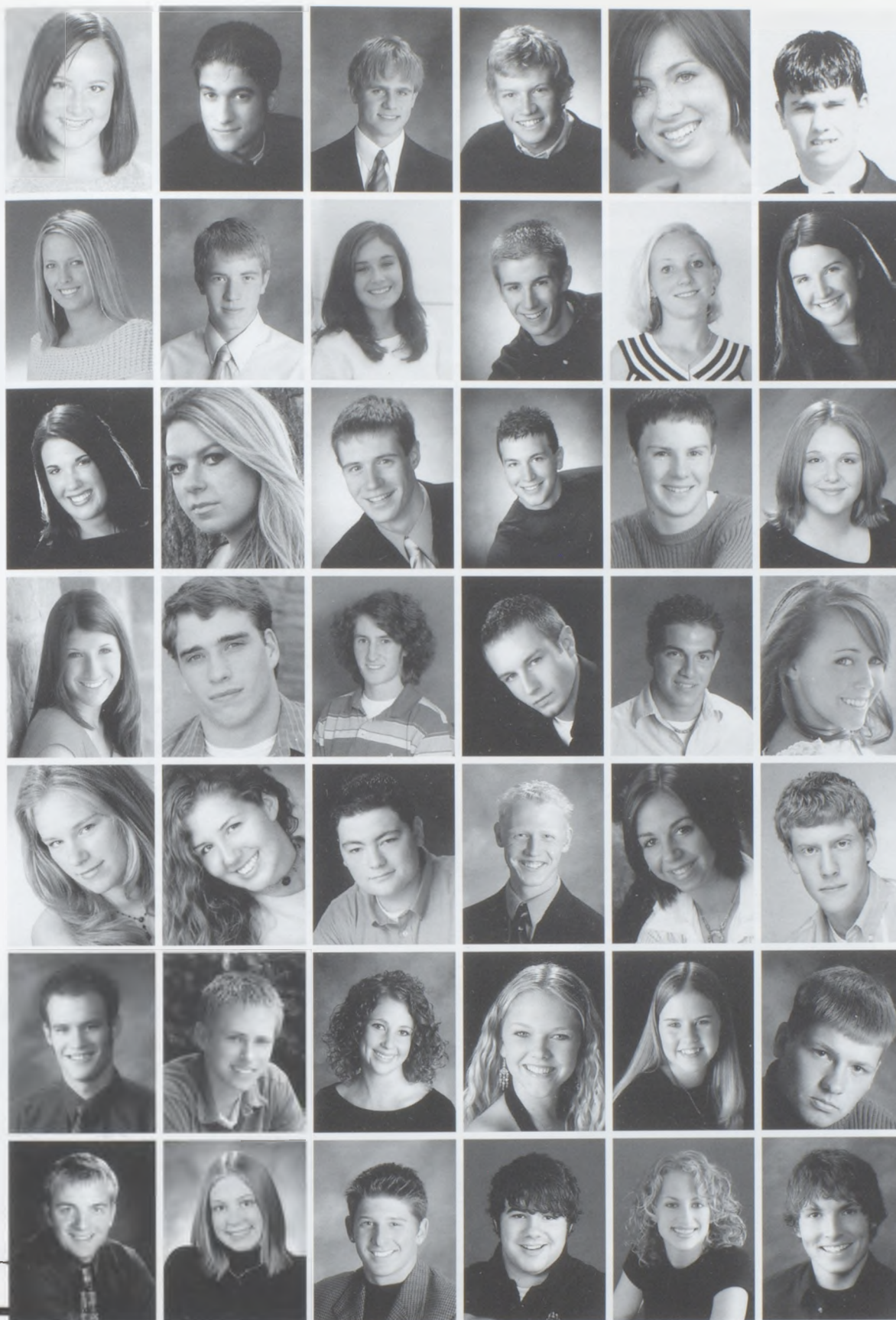
spread by Chelsea Smith



photo by Chelsea Smith

Glenn tries reproducing one of Smart's comics. "It looked really hard at first," Glenn said. "He's really good at drawing and so I thought he would make me look bad if I tried to do it." When Glenn was finished he did not think he was good but his confidence was improved.

seniors,
chance-gillaspy



Heather Renee Chance
Chase A. Clasen
Mitch Cline
Frank Cochran
Lauren M. Coleman
Alex Contino

Amanda Cook
Jeremy Cooper
Alicia Lynn Corron
Sean E. Coughlin
Stephanie Craft
Genevieve Craggs

Meredith Cronin
Meredith M. Crowder
Tom Danielson
Adam P. Dannenberg
Ryan De Hamer
Megan Dean

Alyson M. Denny
Bryce L. Devine
Sean S. Dickinson
Ryan J. Divis
Matthew P. Dominguez
Mikaela Donaldson

Allison Dzubak
Carrie Elizabeth Eckermann
Adam S. Eckhart
Michael A. Eittreim
Sara L. Embrey
Grant Erbes

Michael Antony Farrell
Dustin Fergesen
Emily Fey
Jessica Finley
Jennifer L. Fox
James A. Friestad

Jason M. Fry
Emily F. Funk
Brenden M. Furrow
Joshua Geneser
Nicole Gibson
Daniel Gillaspey

people

The Johnston *Booster Club.*

the NEAT FREAK

becomes a

break dancer



(teacher Jessica Heidbreder)



(sophomore Antonio Rodriguez)

photo by Kristin Boscaljon



Heidbreder gleefully grooves to the "top rock," a move Rodriguez taught her in order to get warmed up for break dancing. It involved making a series of foot moves followed by a turn. Rodriguez recommended warming up because it was easy to get injured. "You can hurt anything," he said.



photo by Kristin Boscaljon

Letting herself feel the music, Heidbreder dances during her lesson. She enjoyed the break from marching band during this lesson. "I'm used to teaching the band where it's very uniform. I like the fact that you're doing something different from everybody."

before

Sophomore Antonio Rodriguez had a unique talent that involved strength, creativity and coordination: break dancing. Although Rodriguez had been dancing ever since he could remember, he started break dancing classes at Dance Vision in 2003. Rodriguez was overwhelmed by the amount of talent there. "We had teachers who spun on their heads and would bend in ways I can't bend," he said.



photo by Kristin Boscaljon

Teacher Jessica Heidbreder, a self-proclaimed "neat freak," had taught band for 11 years. She compulsively washed her hands and refused to pick up stray clothing in the band room without her tongs. Heidbreder's last experience dancing was a ballet class in fifth grade. "I'm very uncoordinated. Marching band is the most coordinated thing that I do," Heidbreder said. "I'm hoping to broaden my appreciation for different art forms."

during

Rodriguez chose the "six-step" dance move to teach to Heidbreder. This move involved crouching on the floor with hands and feet touching the ground. Then, there were six leg moves made around the body, ending up in the beginning position. Rodriguez coached Heidbreder to feel the music. "I never listen to the words. I just listen to the rhythm and groove," he said. "I just do what comes." Rodriguez performed for Heidbreder to demonstrate the correct execution. "It looks good when he does it," Heidbreder said. After walking through the move with Rodriguez for about 20 minutes, she was able to perform it all on her own. Her self-consciousness was apparent in her performance, though. "Never think you look stupid. Just do it," Rodriguez said to encourage his student.

after

Even after admitting to being inherently uncoordinated, Heidbreder found the experience to be less intimidating than she first thought. She enjoyed the freedom that break dancing included. "It was a nice surprise that it wasn't an exact science," Heidbreder said.

Heidbreder also liked the role switch from being a teacher to a student. "It was refreshing to take a different perspective on learning," she said. Rodriguez was impressed by Heidbreder's beginning talent. "The six-step was very close. It's hard to get everything at first," Rodriguez said. Heidbreder would advise anyone who wanted to learn how to break dance: "Go see Antonio."



photo by Kristin Boscaljon

spread by Grace Meiners and Kristin Boscaljon



photo by Kristin Boscaljon

Performing the "six-step," Rodriguez advises his student in the move. He often taught and practiced break dancing with his cousins, and they would create new moves in the process. "As you do it more, you can come up with more," Rodriguez said.

*seniors,
goedken-just*



Jake Goedken
Bethany Goodenow
Kyle Goodrich
Jason A. Graham
Melanie Granaman
Alex Grasso

Emily A. Green
Michele E. Gunderson
Jake Haden
Alexander David Hammer
Jill E. Haney
Brett Hansen

Molly Lynn Hanson
Earl Harmon
Heather Marie Haskins
Adam Hatch
Kevin R. Herink
Robert Hernandez

Cam Heverly
Brittney Lynn Hibbs
Liz Hilby
Jessica C. Hill
Hayley Joy Hirst
Erik T. Holt

Casey N. Hooper
Jessica D. Hoover
Megan Hoover
Ashley R. Horning
Kyle Horstman
Lan Huang

Carson Hughes
Jake A. Hukee
Cindy L. Hunting
Nathan Imes
Stephen C. Ites
John Steven Jacobsen

Elizabeth R. Janes
Amwell M. Johnson
Ashley M. Johnson
Kelly A. Johnson
Sarah Johnson
Adam M. Just

people

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the tennis pro

becomes a

HOCKEY PLAYER

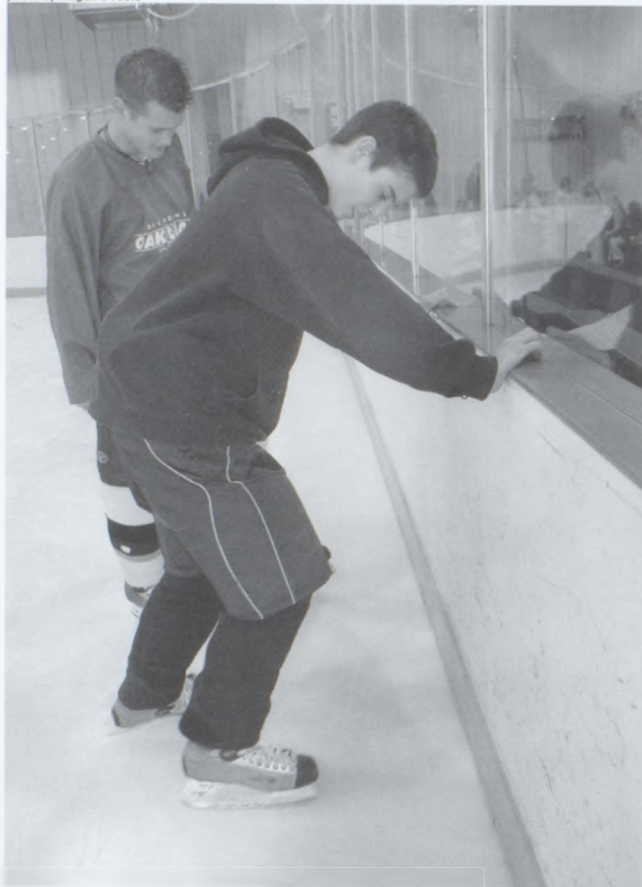


(junior Drew Imhoff)



(sophomore Joseph Harcharik)

photo by Megan O'Toole



Expecting to fall due to his inexperience on skates, Imhoff asks Harcharik how to stop. Stopping consisted of pushing one's skate hard against the ice, exposing a new layer. While Imhoff skated forward, he didn't have the force to stop as he was instructed and had to rely on the wall.



photo by Megan O'Toole

Imhoff learns stick handling, a method of moving the puck down the ice. It was done by pushing the puck to the left while it was cradled inside the stick. The puck was then caught on the backside of the stick to gain control, and the pattern was repeated.



photo by Megan O'Toole

before

Having not skated since he was eight, junior Drew Imhoff stepped back onto the rink. Imhoff would test his skills by engaging in sophomore Joseph Harcharik's position as a varsity player on the Oakleafs hockey team and second leading point scorer in his league.

Besides keeping himself from falling, there was the added challenge of being outfitted in the heavy, bulky hockey pads of an Oakleaf's equipment. Imhoff was accustomed to wearing only shorts, a T-shirt and tennis shoes while participating in tennis and basketball, his defining sports. For Imhoff, hockey would be the opposite of what he was used to. "To play you need to be able to skate," Imhoff said. "And I don't know how to skate."



photo by Megan O'Toole

during

Before tapping into the actual skills of hockey, Harcharik and Imhoff went for a couple of leisurely laps around the rink to get warmed up. "When I got on the ice, I forgot how cold the ice really was," Imhoff said.

During their casual conversation, the relevancy of being able to stop wasn't brought up. After grabbing onto the wall for support, Imhoff managed a T-stop, a move for beginners where one literally makes a T with the feet.

On to actual hockey, Harcharik relayed the techniques of stick handling, passing and shooting. Those skills were relevant to the right-wing offensive position he played.

Stick handling is how one moves down the ice with the puck. The players then pass to one of the other six players on the ice while they set up to shoot at a goal, all in a 45-second rotation.

after

Initially afraid that he would be unable to skate at all, Imhoff proved himself wrong by not falling once. Although it wasn't impossible, skating was what he originally worried about and was still what he believed to be the hardest part of the experience.

Coincidentally, skating was also the hardest part of playing hockey for Harcharik, as he was bow-legged. It made going fast difficult, and caused him to spend a lot of time practicing and improving on the skill.

At the end of the day, skating was still an issue for Imhoff as couldn't get his skates off when he desperately wanted to.



photo by Megan O'Toole

spread by Megan O'Toole

seniors,
keenan-munn



Alexandra B. Keenan
David Kern
Colin J. Kilby
Natasha Kim
Stephen J. King
Glenn N. Krantz

Brittney Leigh Kronick
Katie Krull
Kristin N. Labertew
Jenna Rachelle Lammers
Jordan S. Lampe
Bethany D. R. Landwehr

Peter A. Langston, Jr.
Ben Paul Langwith
Ellen M. Larson
Hudson E. A. Lewis
Kayla Lewis
Tiffany R. Lewis

Lindsey Marie Lockner
Leah Lundstrom-Yurdin
Nate Maple
Michelle Kay Maschino
Brian McCrea
Nicholas McKinley

Ashley D. Meek
Kyle Mentzer
Derek Merkler
Michael J. Mertz
Jeff Messerly
Bryan K. Messmaker

Nathan A. Metzler
Daniel Meyers
Alex L. Miller
Amanda M. Miller
Hannah Miller
Michael B. Miller

Brandon Minton
Phillip Arash Mirian
Chase Moffit
Ben Morrill
Alyssa M. Mueller
Jeff Munn

people

Johnston **ACE** Hardware

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the DOUGHBOY

becomes a

Chocolatier

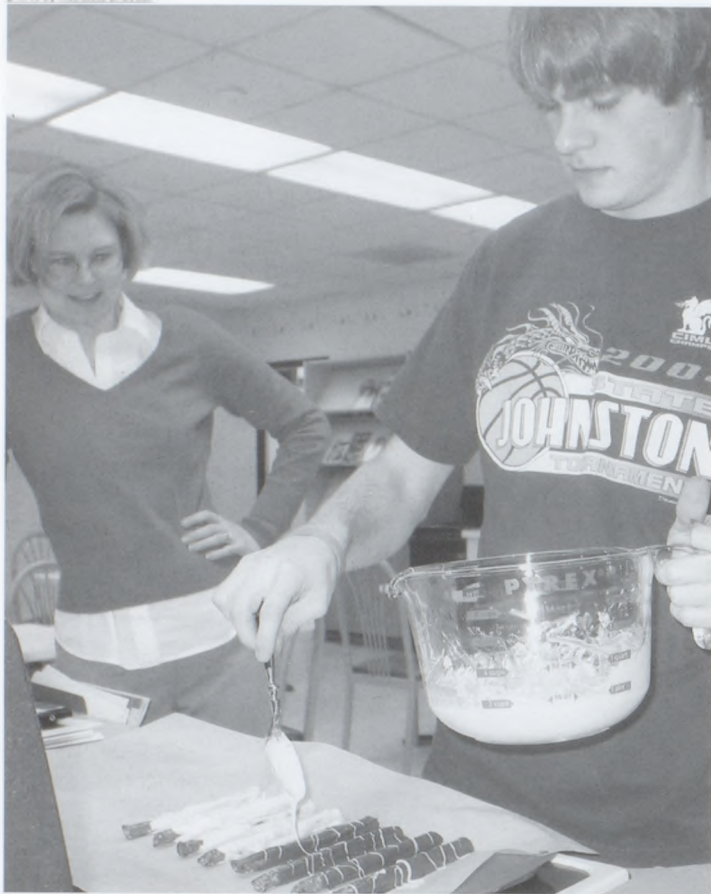


(senior Mitch Cline)



(teacher Sarah Wessling)

photo by Rebekka Broeker



Spreading the delicious concoction with a spoon, Cline coats the brittle biscuit with white chocolate. "At work the doughnuts are frosted in white and there is brown frosting dripped on them. I thought it looked cool so I tried to copy it," Cline said.



photo by Rebekka Broeker

*seniors,
murphy-schmidt*

As Cline stirs the half-melted chocolate chips after warming them in the microwave, the two discuss the addition of vegetable shortening to the morsels. According to Wessling, one thing that the chocolate making class taught her was to add one teaspoon of shortening for every cup of chocolate used. This helped the end result become smooth instead of lumpy.



photo by Rebekka Broeker

before

Less than a week after English teacher Sarah Wessling learned how to properly melt chocolate, construct truffles and whip up ganache through a class offered by the Des Moines Public Schools Community/Adult Education program, she agreed to teach one of her students about a subject other than English. "Sometimes doing things for the first time is what it is all about, even if they are easy," Wessling said. "Any time I have an excuse to do something with chocolate is good!"



photo by Bekka Broeker

Surrounded by enticing sweets at his job at the Hy-Vee bakery, senior Mitch Cline already knew how to measure out ingredients. At his job Cline had never encountered working with chocolate because he only placed the dough onto racks to be baked.

during

After conversing for a few minutes about a paper Cline had recently finished for Wessling's AP English course, the pair got down to making the delightful treats. Wessling had no written directions but instead told Cline what to do. Following the melting of the chocolate, the next step was to dunk the pretzels into either white or milk chocolate. As Wessling kept a close eye on Cline, he finished dipping the pretzels, then moved on to decorating them. He opted not to use sprinkles on the finished product because it would ruin what he had designed. Cline finished the the pretzels by artfully dripping the opposite colored chocolate onto the fully dipped pretzels.

after

According to Cline, learning how to make the goodies would be helpful in the future. "Cooking with chocolate is always good," Cline said. "I'm not much of a cook, so it's good to know how to make something. It should be helpful in college." Later, once the chocolate had time to harden, Wessling suggested that he should give three of the delicacies to his girlfriend, senior Annie Schunicht, as part of his Valentine's Day gift to her. "She really liked them," he said. He decided to give the remainder of the pretzels to his ELP class. "I actually tried one. It tasted really good," he said. "Anything that is dipped in chocolate is wonderful."

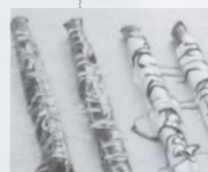


photo by Rebekka Broeker

spread by Rebekka Broeker

Wessling aids Cline by holding the measuring cup as the duo conceal the pretzel in creamy milk chocolate. Wessling also suggested immersing tasty tidbits other than pretzels, such as strawberries, bananas, ice cream cones and cookies.



Ryan Murphy
Sierra Murphy
Alex G. Nelson
Erin E. Newbury
Adam Nixon
Stephanie Anne Nyquist

Megen O'Toole
Ashley A. Oeltjenbruns
Danielle Ogren
Darren Ollom
Ryan Olson
David Ostrom

Casey Overberg
Jonathan C. Palmer
Haley Parks
Lindsay Parry
Rebecca Lynn Paszkiewicz
Greg Patten

Trent Peterson
Emily Phelps
Ryan Phillips
Andrew Pope
Brad Proehl
Jeff Proehl

Ashley Marie Raes
Rachel Honor Reed
Alicia Ann Richards
John Rippel
Beth Roese
Kory R. Ross

Jason Rude
Allison Rutherford
John Mark Sachs
Erin E. Sams
Megan N. Samson
Tim Sanders

Mat Sandmann
Nicholas T. Sanger
Jasmina Sarajlija
Brandon Schares
Jenny Schmidt
Joe T. Schmidt

people

the DECIBEL FREAK



(senior David Ostrom)

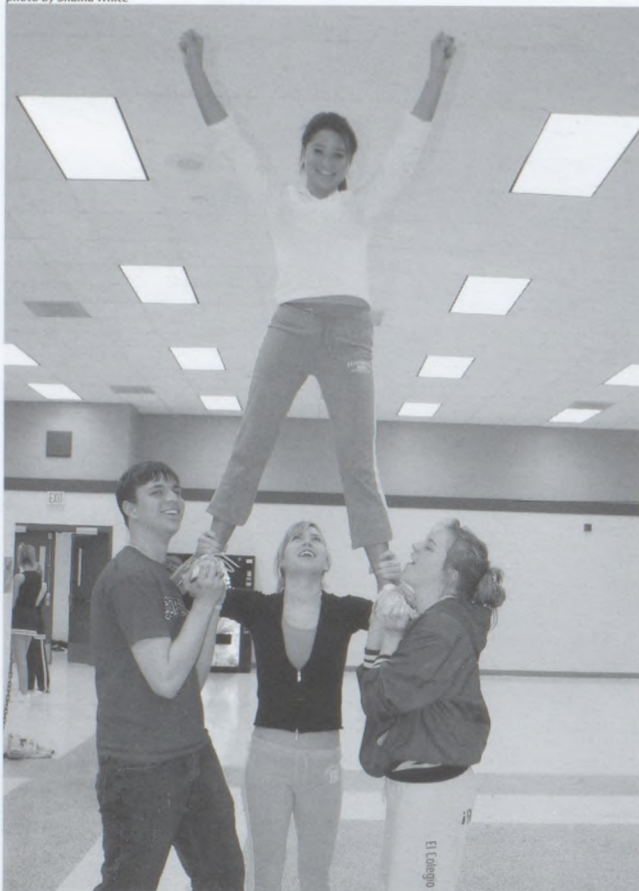
becomes ..

cheerleader



(junior Falyn Tingley)

photo by Shaina White



Securely grasping Tingley's foot for support and balance, Ostrom is taught the final steps used in a prep. Tingley, sophomore Rachel Winterbottom and Junior Dani Martinson taught Ostrom the stunt. "I was a little scared being held up in the air by David, since this was his first time trying to do a prep," Tingley said.

**seniors,
schoop-waldschmidt**



photo by Shaina White

Martinson, Winterbottom and Ostrom help balance Tingley in their hands at the beginning part of a prep. It took a few tries for everyone to be in sync. "I was a little nervous having to hold on to Falyn's foot because I didn't want to mess up and make her fall on her face," Ostrom said.

before

When asked to switch lives with another student, senior David Ostrom said he would be glad to participate even without knowing who the other student was. When he was told he would be switching with cheerleader Falyn Tingley, junior, Ostrom became excited. "Getting to hang out with a lot of hot chicks and watch them jump around will be a dream come true," Ostrom said.

Even with his wish about to come true, he felt uneasy about cheering with Tingley, because he didn't know what cheers to do or how to carry them out. He was more used to working on putting speakers in his car. Ignoring the fear, Ostrom dived right in. The first step for Ostrom and Tingley was to stretch out their legs so they would not pull any muscles.



photo by Shaina White

during

When the stretching was over, Tingley and a few of the cheerleaders helped to teach Ostrom specific techniques of the sport. Tingley's first piece of advice for Ostrom was that if he were to become a cheerleader, his flexibility would need to increase. She said, "Being flexible helps you to move and jump around a lot easier while holding (up) the girls."

Tingley and the cheerleaders showed Ostrom different cheers and how to do a prep, a two-legged, shoulder-height stunt. According to Ostrom, he said it was difficult to do the preps and other cheers because he didn't have the mindset of a cheerleader. "I have always liked to watch the cheerleaders, but I never thought I would be joining them in a practice," Ostrom said.

after

"I thought David did a pretty good job for not having any experience in cheerleading," Tingley said. Ostrom thought being a cheerleader was okay but was something he would never try out for. "The worst part of this was having to put on the girls' uniform. It was really embarrassing, not to mention cheering in front of the other girls," he said.

According to Ostrom, after the experience his respect for cheerleaders was much greater than before his challenge. "I never realized how much work goes into cheerleading," Ostrom said. "I'm glad I was able to have this experience."



photo by Shaina White

spread by Shaina White



photo by Shaina White

Watching his movements, Tingley teaches Ostrom gestures for the cheer "Let's Get Fired Up." According to Ostrom, this was one of the easier obstacles he tackled that night. "I felt so ridiculous standing there having to move my arms back and forth; I thought I looked like a weirdo," he said.



Mindy A. Schoop
Joel Schreiber
Kendall Schuck
Evan B. Schultz
Annie Schunicht
Annie R. Schwartz

Kyle J. Scott
Jordan L. Seaberg
Colin D. Sedgley
Colin Seibert
Paul Selberg
Cory Shannon

Kelly Louise Sheeder
Amanda R. Shoeman
Collin Siberz
Percillia Afton Simpson
Mark Smart
Zach Walker Smith

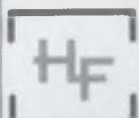
Justin A. Steggerda
Ryan Steinkamp
Brett R. Stewart
John Stradley
Eric Streng
Brandon Swett

Tyler Swett
Zachary T. Swoyer
Tyler J. Tannatt
Colby R. Taylor
Adam R. Thilges
Allison L. Thomann

Joe Thuente
Jeffrey A. Townsend
Bobby Trader
Berhane Traylor
Erin L. Turner
Erin M. Turner

Lauren Turner
Laura Elizabeth
Vander Ploeg
Molly Ver Mulm
Marin Nicole Viera
Jacob D. Walahoski
Craig M. Waldschmidt

people



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the GALLANT GOLFER

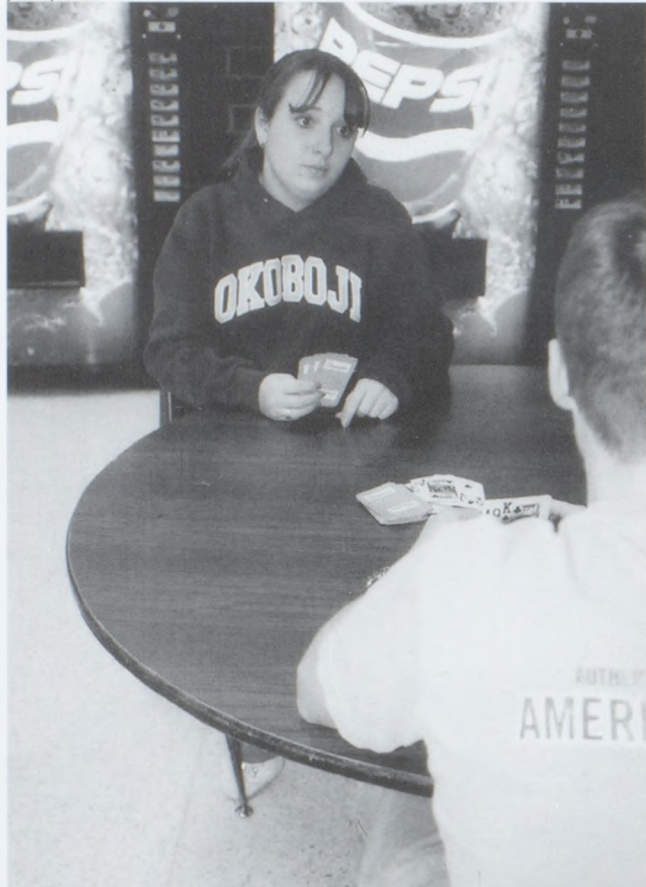
becomes a

Poker-Faced Contender

(junior Whitney Bryant)

(sophomore John Dzubak)

photo by Liz Kirk



Wearing an exasperated face, Bryant plays an intense game of Texas Hold 'Em with Dzubak and Carlson. This was Bryant's first experience playing this version of poker. Bryant was not all that thrilled to play cards with Carlson and Dzubak because she thought they were "kind of geeks."

seniors,
walter-zimmerman



photo by Felicia Hoover

Attentively, Dzubak quickly shuffles the cards between games. Dzubak had been playing cards for about a year, usually with his friends once or twice a week or on a whim. Out of utter boredom Dzubak started playing cards for the excitement.

before

Constant in keeping a straight face and playing it cool, sophomore John Dzubak began poker as a fun hobby, learning it from various ESPN shows. He played with a tight-knit group of friends, for money and personal possessions.

On the family-friendly end of the card playing spectrum, junior Whitney Bryant kept to herself during her card game of choice: electronic solitaire. Bryant played on the varsity girls' golf team with the preference of counting strokes versus deciding card worth.

"I don't think that poker is an appropriate game for high school kids," Bryant said. "I don't think they should be betting when they don't know what they can lose from a game. My grandmother lost her house because of betting."

during

Dzubak recruited co-player Matt Carlson, sophomore, to help teach Bryant Texas Hold 'Em, a version of poker. Dzubak dealt two cards to each player that he instructed were to be kept. If there was a card that she wanted to "burn," Bryant would dispose of it and would be dealt a new card. Another use of burning cards was while the cards were being dealt, to make sure that no one cheated.

The dealer, Dzubak, would burn three cards, and then deal three community cards, called the "flop." He would burn one card and lay down a fourth community card, used for everyone's benefit. Lastly he burned one final card before exposing the "river," the deciding card. By assessing the cards each player would see if he or she won.

Dzubak said that his favorite part was "having somebody else (Bryant) win for their first time, but she wasn't really excited." Bryant was less than thrilled because she played with people she didn't know and was confused by the lingo.

after

Bryant kept with her negative feelings toward poker, which were only reinforced by Dzubak and Carlson's lesson. She said that their abilities in poker at first made them seem smarter, but the fact that they never explained how to win was a downfall of their teaching.

Dzubak agreed that he wasn't a great teacher, but felt that she learned the basic rules of conduct. "It took her a long time to learn how to play because she looked completely clueless," he said. Dzubak's opinion also held strong due to his negative experience with Bryant. His general opinion of girls involved with betting cards was still a simple game of strip poker.



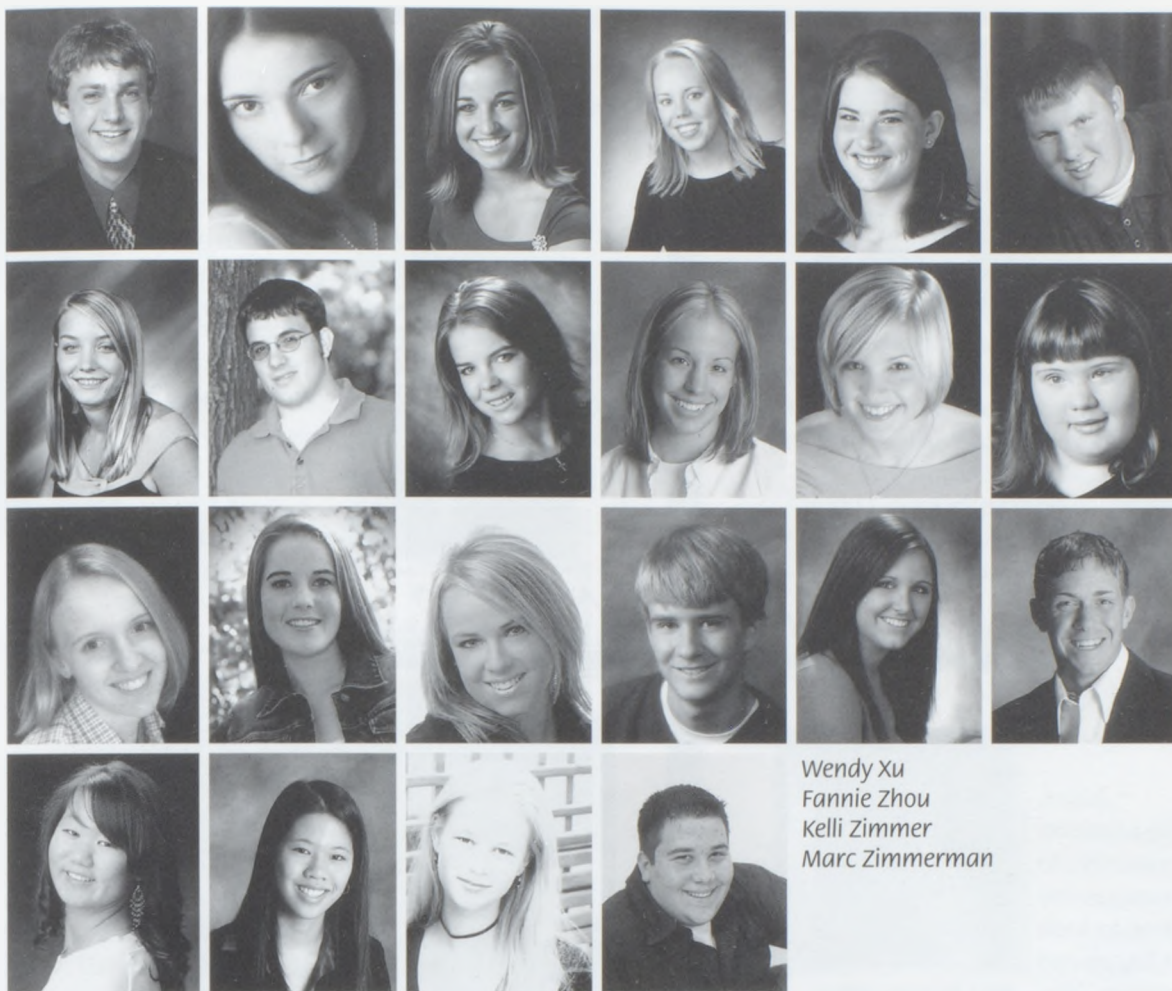
photo by Liz Kirk

spread by Felicia Hoover
and Liz Kirk



photo by Liz Kirk

Staring at one another, expressionless as to not give away their hands, Dzubak and Carlson both hope the other will lose. After Bryant's poker lesson, opposing views about the most vital part of teaching the game arose. Carlson said it was the reward of another knowing how to play, while Dzubak said it was "the excitement of having somebody else (Bryant) winning for their first time."



Steven Walter
Skyler Walters
Kiley Nicole Waltz
Megan Ware
Whitney Emma Warne
Jay K. Warren

Amie Wentland
Travis West
Brittany A. Westercamp
Ashley Wheeldon
Jessica R. Wheeler
Emily White

Katrin Wiethoff
Jessica J. Wilson
Lauren Wilson
Robby Winterbottom
Courtney A. Wirtz
Russ Wiskirchen

Wendy Xu
Fannie Zhou
Kelli Zimmer
Marc Zimmerman

people

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Drew, It seems like only yesterday when you came into our lives, there was no feeling like it, until now seeing how you have grown up into the fine young man you are today. You have made us so proud.



Always follow your heart and your dreams and we know you will succeed in everything you do. We are always behind you. Congratulations, Drew. We love you, Tony and Mom

Drew Armstrong



Kristin,
You will always be our little angel!
God bless you and congratulations!
Love,
Mom and Dad

Kristin Badgley

Niles,
You have the wisdom, strength, and creativity to make your dreams come true. Now is the time to look forward to what lies ahead and the journey within. You have a lifetime ahead of you, embrace every moment. We believe in you!
Love,
Mom and Dad



Niles Bailey



Katie,
You are a very special young lady. Wherever you go, whatever you do, may all your hopes and dreams come true!
We love you!
Mom, Dad and Alex

Katie Battani

Mallory,
You have been such a joy to us! We are so proud of you and all your accomplishments. We have enjoyed your success as a goalkeeper and reading your articles in the Johnston *Black and White*. Continue to work hard and be caring and responsible in all you do and your life after high school will be filled with happiness and success.
Mom, Dad and Hunter



Mallory Beck



Stacie,
Congratulations! It's been a blessing to watch you grow, from that first scary day of kindergarten through four very successful years of high school. We are so proud of all that you have accomplished through your hard work, commitment to excellence, integrity and perseverance. We can't believe you'll be going off to college already and we'll miss you, but we know that good things are ahead for you. Keep up the good work and don't forget to have some fun along the way. We love you and are here for you always.
Mom, Dad and Megan

Stacie Bendixen



Justine,
It was true love the moment we saw you. You were so curious you couldn't take in the world fast enough. That same curiosity has continued throughout your life and will serve you well in the future. You have become a beautiful, accomplished, poised young lady with many talents. We admire your dedication, creativity, kindness, and your faith in God. Always know, wherever life takes you, we will be there for you with our love and support.

Love always,
Mom, Dad, Joelle Michael and Abi
Danny and Stacie Jeff and Lindsey

Justine Blanchard

Lauren,
To my beautiful firstborn.
We love you so much.
Thank you for your loving spirit and your wonderful ability to dream. Time to spread your wings and fly!

Love,
Lloyd, Mom, Brianne, Alex,
Dan, Jack and Will



Lauren Bumpus



We do.....
Nathan, Justin, Mom, Dad, Doug and Melissa

Stephen Butler



Kristen,
You are and always have been your own person. Keep it that way! Best wishes and congratulations! With love always,
Mom, Dad, Katie, Michael and Nanny

Kristen Carter

Congratulations!
You made it! I know you've been waiting for this day, which I'm sure you thought would never come. I can't help but reminisce... After walking you to school on the first day, you cried and held onto my leg so I wouldn't leave. After weeks of walking and prying, the teacher offered a reward to walk by yourself. Now you're not afraid, in fact I barely see you. Every now and then, I see the little girl who wants to be held, praised, protected, and comforted. You wish you were finished, but I wish you were in kindergarten again. I love you and I'm so fortunate to have such a beautiful, smart, loving daughter.



Alicia Corron



Dear Ryan,
You are such a joy to our family with your sense of humor and easy-going personality. You have many talents, so keep working hard at following your dreams and ambitions. Love, Dad and Mom

Ryan De Hamer

Congratulations on your graduation! We are extremely proud of you. You will never fully understand the joy and fulfillment you have brought to us. As you move into another phase of your life, know you have our best wishes for continued success. You will have chances to bring joy to others like you have to our family. Remember we are here to provide you support as you continue on. This is the least we can do after all you have done for us. Becky, the last eighteen years have been the best years of our life.

Love,
Dad, Mom and Michael



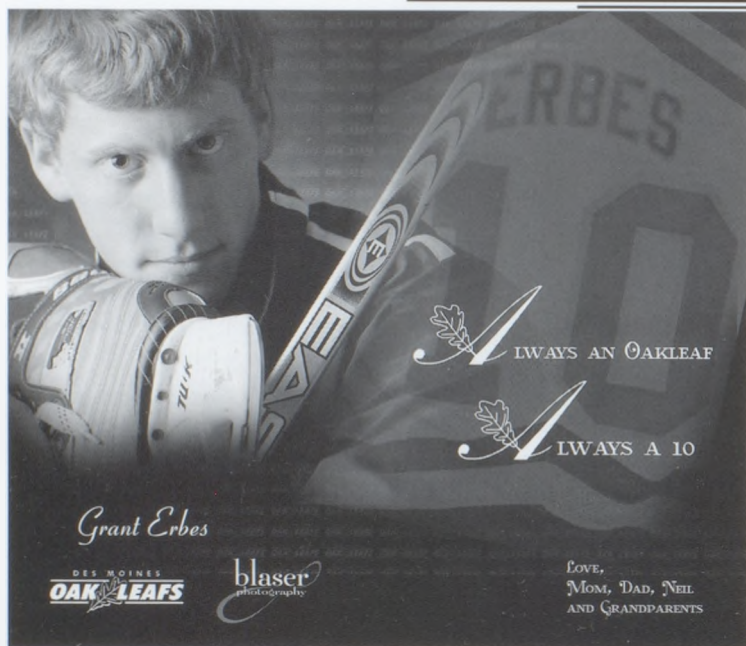
Becky Elming



Sara Embrey

Sara,
Congratulations on your graduation! We are so very proud of you. You have brought such joy and laughter to our lives. You have been such a great student, a caring, understanding friend and such a team player in all your sports. Also, belonging to SADD, National Honor Society, SAIL and Mock Trial and the other clubs are things you should be proud of. But most of all, you've been such a great role model for Leah and a beautiful, loving daughter.

Remember all the great times you've had in school. Keep in touch with all your friends in years to come. Good luck with college and all that follows, know we are behind you all the way, and you're welcome at home, anytime. We love you,
Mom, Dad and Leah



Jason,
We are so proud of all that you are and all that you have accomplished. You have grown into such a wonderful person and brought much joy into our lives. We wish you the best in your new adventures in life! With never ending love,
Mom, Dad and Nathan



Jason Fry



Congratulations, Emily!
From kindergarten to senior year, we are very proud of all that you have accomplished.

You have the world before you; stay focused, keep your faith and always know that you are loved.

Love always,
Mom, Dad and Erin



Emily Funk



Jacob,
You are an incredible person. We are very, very proud of you. Your positive outlook on life and your sunny disposition will take you far. Thank you for being a wonderful son and a great little brother. Love,
Mom, Chelcie and Monica

Jake Goedken

Bethany,
You came into our lives as a happy, giggling baby girl. You grew to a fun, loving singer and actor we called Bessamie that loved to perform for your family. We moved across the country from Idaho to Iowa, taking you from your school and friends, but you grew stronger, developed friendships and became part of your new home here in Johnston. Now you are ready to take the next step, leaving home to study at UNI.

We are proud of your growth and the young lady you have become. We will always love you and you will always be our little peanut.

Mom and Dad

Bethany Goodenow



Melanie,
Well, you're closing another door in your life and words cannot describe how proud we are of you. Your ability to learn and your outgoing personality are qualities many people would love to have. You are truly genuine and we feel so blessed to have such a caring and beautiful daughter. We love you,
Mom, Dad and Lee

Melanie Granaman



Mr. G,
When you were very young, we'd tuck you in each night. As we brushed the hair from your forehead we'd tell you how important and special and good you are. With your thumb in your mouth and your arm around Carmichael you'd look back at us, and nod in agreement. You've always known who you are. You are good, special, and important. Keep being you, and keep sharing you with us!

Love,

Dad, Mom and Sam

Alex Grasso



Jake,
Wow, what a ride #4! You have dribbled and passed us all over the game of life, Jake. When your shots have been deflected by the crossbar, you have found other ways to use your talents and score. The Haden team is proud of your accomplishments. You are our #1 stopper. We'll always be there to cheer you on.

Life won't always go by our game plan. Learn from your yellow cards. Be a player, stay active in the match of life, and don't be satisfied to watch from the touchline. Your potential is unlimited, trust in your abilities and use them.

We are proud of you,
Mom, Dad, Derek and Trevor

Jake Haden



Alex,
The time went by so quickly. We knew it would because grandma said, "Enjoy him while you can. Kids grow up so fast." What a great "run" to this point in your journey as you make us so proud with every step you take. Keep happy and do all you can do and you will succeed. We will always be a "fan" and your greatest supporters. "May the force be with you."

All our love,

Dad, Mom and Carly

Alex Hammer



Cam,
Congratulations, little buddy! You have made us so proud! We will be even more proud in the future. We love you!
Mom, Dad and Amy

Cam Heverly

You wowed us when you were four.
We couldn't believe what you could
do at eight. You left us speechless
with your talents at twelve. Drove a
car at sixteen and now you're
eighteen and ready for the world. Go
get 'em Britty.

We are so proud of all that you have
accomplished and the beautiful
young woman that you have become.
Believe in who you are. The next
journey of your life is just the
beginning, so go after your dreams!
We love you with all our heart and
soul.

Mom, Dad, Nate and Drew

P.S. Your brothers are still hoping
you'll still bring your friends around.



Brittney Hibbs



"Go confidently in
the direction of
your dreams. Live
the life you've
imagined."

-Thoreau

Good luck in all
you do, Erik!

Love,
Mom, Dad,
Kimberly, Trevor
and Jonathan



Erik Holt



Jacob,
Congratulations! We are very proud
of what you have accomplished
during your four years of high
school. You have provided us with
many memories. Most importantly,
you believed in your dreams and
made them a reality. Thanks for being
a wonderful son and brother. You
have many talents and a good heart.
We know that you will be successful
in whatever you choose. Always
know that you have a special place in
our hearts.

Love,
Dad, Mom, Luke and Jenna



Jacob Hukee

John,
Have you been fun to love
or what? We love you and
are proud of you.



Tom,
Good luck to you, Tom,
(John's German!) We've
enjoyed your time with us.

John Jacobsen & Tom Raese



AMJ,
Congratulations on you graduation. As
you go out in this world, remember, life
is what you make it. Do not look for
yourself in the faces of others. Always
believe in your dreams. You have a
great mind, put it to great use.
Remember to carry your armor of faith
wherever you go. Stay close to God. He
will guide and keep you.
We all love you,
Your family

Amwell Johnson



Kelly,
Eighteen years ago God blessed
us with a beautiful daughter!
We were so thankful then, and
have been continually proud of
you ever since. Our lives have
truly been blessed because of
you. We love you, and pray
God's richest guidance
throughout your life.
Congratulations!
Love,
Mom, Dad, Brian and Blake

Kelly Johnson

Sarah,
Thank God for baby girls and the happiness they bring! Here you are eighteen years later and a senior at Johnston High School. Be proud (as we are) of all your accomplishments. Continue on the steady path you've chosen, but remember we are here to help you through tough times. We are your family and love you so much. Best wishes for a happy, healthy, and successful future.

Love,
Mom, Dad and Jeremy



Sarah Johnson



Colin,
Congratulations lil man! You're on your way to a great future, focus and remember you will get out of life what you put into it. Set your goals high, work hard and make the most out of the gifts you are given. Success is guaranteed! We are so proud of what you have become, and everything we know you will be. You are special and we love you, Mom, Dad and Ashley

Colin Kilby



Brittney,
You have grown into an amazing young lady. As you end one chapter of your life and begin a new... Remember: doing your best is more important than being the best. We are who we are by the choices we make. You have brought such an excitement to our life the last eighteen years. You truly will be missed when you leave for college. We will always be here for you, and most of all wish you a lifetime of happiness and success!

Love,
Mom and Dad

Brittney Kronick



It's hard to believe that you are all grown up. I know sometimes I may have been a little hard on you, but life isn't easy. Hopefully my strong parenting will make you a stronger person in life.
Love,
Dad

Kristin,
Eighteen years ago God blessed us with a beautiful, precious daughter! We are so thankful for you and for the joy you have brought to our lives. We pray for God's continued guidance throughout your life. We are proud of you. Keep smiling!

We love you!
Dad and Mom



Kristin Labertew

Kayla,
We are so proud of you!! You've grown into a beautiful young woman, and now you are ready to venture off on your own. We are excited to see how you will use the gifts and talents that God has given you...keep in mind His promise in Jeremiah 29:11-13. We may not be able to see the the future, but we do know that you are in God's hands and He has a great plan for your life. Always know that no matter where you end up, our thoughts and prayers are there with you, even when we cannot be.

We love you dearly,
Mom, Dad, Blake and Krystal



Kayla Lewis



Lindsey,
I am very proud of you and all that you have accomplished. Your hard work and great attitude will get you far. I've been very lucky to have you as my daughter! Way to go with the college plans...Hawkeyes are #1! Keep up the good work.
Love you always,
Mom
Congratulations!
From,
Mom, Nathan and Courtney

Lindsey Lockner

Kyle,
We are very proud of the man that
you have become. We look back
on your childhood and are so
blessed with the memories. We
could not have asked for a more
wonderful son, and you have
been an awesome big brother. We
encourage you to be the strong,
caring and loving man that you
are now and to live life to the
fullest. We know you will go far
in life and you deserve it.

We love you!
Mom, Dad and Emily



Kyle Mentzer



Bryan Messmaker

You have been a good
student and leader with
many friends. We are proud
of all your accomplishments
and athletic achievements.
Keep up the good work.
We love you.
Dad, Mom and Kevin

You were born..
we were blessed
You are beautiful inside and out.
we are proud
You are wise beyond your years..
we have learned
You give the best hugs..
we will miss them each day
You still have much to learn..
we are here for you
You have a bright future..
we are beaming
You will do what's right..
we are confident
You are ready..
we are not
You are off on a new adventure..
we look forward to your stories
We are here for you..
always.



Love,
Dad, Mom
and Kaitlyn

Megan O'Toole



We knew you were special
From the moment that we held you
You showed us just how
By all the great things you do
So wherever life leads you
We want you to know
You have our love and support
Whatever you do, Wherever you go
We love you!
Mom and Dad
Amanda, Melinda, Kathryn

Becca Paszkiewicz



Megan,
You started out as a
mischievous-eyed toddler who
squeezed kitties with love and
ran the bases with ease, and
turned into a dreamy-eyed
young lady with an incredible
work ethic and a thirst to
succeed. We are so proud of
what you have accomplished
and can't wait to see which
dream you will run after next.
Love,
Mom, Dad, Erin and Lauren

Megan Samson

Tim,
Thanks for making our parenting job
easy! Throughout your school years,
you have always been on "automatic
pilot," as your dad would say. Your
incredibly positive attitude and desire
to "do it all" and never quit anything
you started paved the way for your
accomplishments in academics,
music, and swimming. Those
qualities, along with your accepting,
caring nature, integrity, and respect
you show to everyone you meet, will
help you reach any goal you set for
yourself.
Go for it!
Love,
Mom and Dad



Tim a.k.a. "Colonel Sanders"
You're honestly the best brother a
sister could ask for! You and I
always had so much fun laughing
and getting into trouble, and I'll
definitely miss that. I don't mean to
sound "cheesy," but I love you
with all of my heart. I'm here for
you always. You're the coolest!

Love,
Paige

Tim Sanders

Congratulations, Mindy!
We are so proud of all your accomplishments. You have become a beautiful person inside and out.

Your hard work and dedication have paved the way for your future.

We are excited for the experiences awaiting you at college and the next level of softball that awaits you.

Live life to the fullest and keep smiling. You will go far.

We love you very much,
Mom, Dad, Nicole and Michele



Mindy Schoop



Congratulations Annie!
We're proud of the strong, smart, funny, kind woman you have become.

Love,
Dad, Mom and Molly
P.S. Leave Canada, please!

Annie Schunicht

Annie,
We are so proud of you and all that you have accomplished. You are a caring, thoughtful and beautiful person. Your sisters look up to you and place you high on a pedestal as a person who has taught them values, diversity and how to love life (and bowling). Your smile and laughter are contagious and have touched so many lives and will continue to touch more. Blessings to you as you travel down life's road onto your next journey. We are so blessed to have you as our daughter and sister.

With love,
Dad, Mom, Emily and Laura



Annie Schwartz

Dear Colin,
As you graduate from high school, our wish for your future is:

- much happiness
- success
- blessings from God
- fun and laughter
- love
- peace

Have fun and do well.
We love you so very much!
Mom, Dad and Nick



Colin Sedgley

To our daughter Afton,
Congratulations as you graduate from high school. We are not only proud of your achievements but proud of the person you are. You have shown this through your hard work, compassion, and integrity first as our daughter and also as a student, volunteer, and employee. The future holds endless possibilities for you, so follow your dreams. Remember "that breeze around the corner" and "what we like to see." Best wishes for the future to our Little Miss Afton.

Love from Mom and Dad



Percillia Afton Simpson



Congratulations John!
We are very proud of you as you strive to be your best. Keep your FAITH and your FOCUS!

We love you,
Mom, Dad, Lisa and Laura



John Stradley



Brandon and Tyler,
From your first day of school
until graduation has been an
amazing journey for all of us.
From school to the friends and
activities you chose, you have
done a great job growing into
terrific young men.

There are no
prouder parents.
You're the best.
Love,
Mom and Dad



Brandon and Tyler Swett

Zach,
Thanks for being the best big
brother. Congratulations!
Love, Jillie



Zach Swoyer

Adam,
You've grown into an awesome
young man and we're all so
proud of you! You are our son,
brother and friend. As you
move into the next phases of
your life, make the best of what
is presented to you and always
work hard. You have your roots
at home, now spread your
wings and experience the rest.
Congratulations!
We love you!!
Mom, Dad, Maggie and Luke



Adam Thilges



Allison,
We are so proud of you and love
you more than you could ever
know. Time has gone by so fast. It
seems like just the other day, you
were a lovely little girl playing
dress-up, going to dance and
catching bluegills. You have grown
up to be such a wonderful young
woman. Your caring and
compassion for kids is amazing. We
will miss you next year, but
remember we will always be here
for you. Have fun and work hard.
Love,
Mom, Dad and Kyle

Allison Thomann

Joe,
The past eighteen years have
gone by so fast! We are so
proud of your dedication to
everything that you do and the
great person you have turned
out to be. We love you!
Love,
Mom, Dad, Charlie and Molly



Joe Thuyente

Congratulations, Teeny Terwilliger Marnie-Bert! You did it!
And in such fine style, oh bright and beautiful, fun and funny
daughter. We who have witnessed all your years of hard work
are those most proud of you now.

Marin, your path will always lie beneath day and night skies
that we have painted with love for you. Walk in balance,
obedient only to yourself, and may the joys you will take and
give be abundant. Always question, frequently reflect, never
abandon autonomous thought.

May you prosper in meaningful ways, Cherished One.
Love eternal,
Mom and Dad



Marin Viera

Steven,
You always brighten our days
with your constant smile.
Continue to share your love of
life. We're all so proud of your
accomplishments and the
young man you've become. We
can hardly wait to see where
you go from here!!

Love,
Mom, Dad, Scott, Eric and
EmmaGrace



Steven Walter

Kiley,
You will always be remembered
for your bright smile. Your huge
heart and compassion for others is
your gift. Remember how much
you are loved by all of your
family, we always look forward to
the time we spend with you. Make
a difference in this world in your
own way. Always remember to do
your best, do the right thing and
treat others the way you want to
be treated.

Love,
Dad, Mom, Ryan, Tyler and
Chelsea



Kiley Waltz

Megan,
We'll always treasure the memories
of watching your games and
watching you grow into a
wonderful young adult. You have
always worked hard to reach your
goals and we're so proud of all
you've accomplished. With your
spirit and determination, we know
you will have a happy and
successful life after high school.

We love you,
Dad, Mom and Leslie



Megan Ware

Brittany,
From the moment you were born, we
knew you were a very special person, and
every day since then has been one
beautiful adventure after another. You've
been the kind of daughter that parents
dream of. It's been such a joy watching
you learn and grow. As we recall
memories of times from the past, we
experience again, the pleasures...the quiet
times, the hugs, the laughter, the love and
pride and countless treasured memories...
the priceless gifts of having a daughter
like you.

Congratulations on all you've achieved so
far. We know the best is yet to come.

Love,
Mom, Dad and Taylor



Brittany Westercamp



geniuine, sharp,
pure, caring, reliable,
loving, unwavering,
devoted, diligent,
earnest, passionate,
truthful,
patient...simply
beautiful.

Blessings to you
always.
Love,
Parental Units



Jessica Wheeler



Robby,
It seems like just yesterday that we
were tucking you into bed with
"Nite-Nite" and "Lumpy" and now
you are off to a new life at the
University of Iowa!

We are so proud of the young man
you have become and can't wait to
share in all the joy and success life
will bring you.

With all our love and best wishes,
Mom, Dad, Rachel and James

Robby Winterbottom

the Saxophonist



(junior Blane Chesnut)

becomes a



(junior Jeff Hoobin)

DDR MASTER

photo by Evan Stone



Chesnut shows off his newly-found DDR talents to Hoobin during an intense round at "light" difficulty. "It was difficult at first but after a couple rounds I got the hang of it," Chesnut said.

*juniors,
abbas-darling*



photo by Evan Stone

Chesnut sets up the game by plugging in the sound and video cords for the Playstation 2. "I can't wait to take it home and play it at my house," Chesnut said. He took the game home and played it that night.

before

To some, playing a video game for fun is just that: playing it for fun. Not for junior Jeff Hoobin in his obsession with a game called Dance Dance Revolution (DDR). A person uses a game pad (shown above that was customized by Hoobin) and puts his foot on the symbols of the pad that match the symbols that appear on the screen. "DDR helped me get in shape for sports. It's the reason I ran for track," Hoobin said. He lost 18 pounds from doing DDR. Although he loved to play the game, he said it was best when you're competing with someone else. Junior saxophonist Blane Chesnut was put to the test to see if he could become a DDR master like Hoobin.



photo by Evan Stone

during

When Hoobin and Chesnut competed, Hoobin played on "heavy" difficulty and Chesnut played on "light" difficulty. While Hoobin's feet pounded on his homemade metallic pad, Chesnut pecked at his soft plastic pad with his feet.

"The hardest part is keeping your footwork right," Hoobin told Chesnut as Chesnut played a song and danced according to the symbols on the screen.

"It's harder than I thought it would be," Chesnut said as he glanced up and down from the screen to his feet to check his footwork. As the song came to a close Chesnut hit three perfect symbols in a row, and Hoobin and Chesnut gave each other high fives.

"I first saw this when I came early to a movie at Wynnsong. I headed to the arcade section and saw Dance Dance Revolution and thought it'd be a cool game to learn but I never thought it'd be this hard," Chesnut said.

after

After four songs and about 15 minutes of straight foot movement, an exhausted Hoobin put Chesnut to the real test: a song on "standard" difficulty. Chesnut played the song through and ended up with a "C" rating from the game and an "A" for effort from Hoobin.

"He did well, especially for his first time," Hoobin said. "When I got into it two summers ago, I didn't learn as quickly as Blane did."

"It's challenging, fun and it can keep you in shape for sports," Chesnut said. "Jeff let me borrow the game for a week so I'll get better and eventually perhaps become a DDR master." Chesnut played it every other day that week.



photo by Evan Stone

spread by Scott Sauber
and Evan Stone



photo by Evan Stone

Intensely focused on the screen, Chesnut and Hoobin finish dancing to the song "Sandstorm" by Darude. Hoobin said this was his favorite song in the whole game, while Chesnut enjoyed the variety of songs.



JUNIORS
 Ashley Abbas
 Fatima Abdullah
 Jennie Adams
 Carol Albathe
 Kelly Albrecht
 David Alderson
 Cole Anagnost
 Melanie Anderson

Beth Aubuchon
 Joshua Baird
 Ambrose Ball-Harney
 Jake Baltzley
 Eric Barks
 Nick Batterson
 Sarah Bax
 Karina Baymiller

Kendra Beane
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 Matt Brown
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Tyler Buller
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Blane Chesnut
 Emily Chrisman
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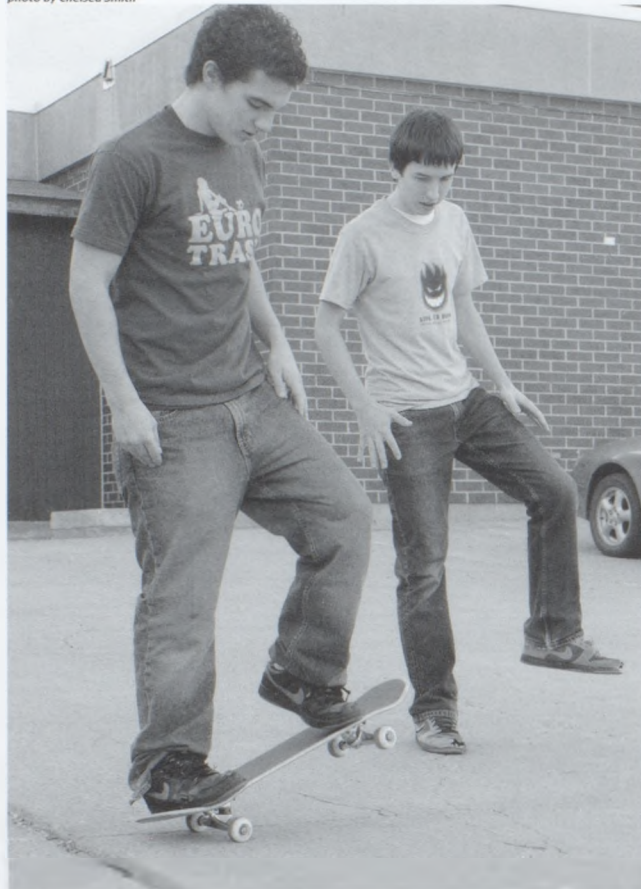
(senior Matt Dominguez)

becomes a Skateboarder



(sophomore David Derry)

photo by Chelsea Smith



Dominguez watches attentively as Derry teaches him the correct way to stand while doing a kick flip. "It sucks because I can't do it," Dominguez said. "I've figured out that I can't skateboard."



photo by Chelsea Smith

*juniors,
deal-holowinski*

In the air while demonstrating an ollie, Derry completes his trick before offering up the board for Dominguez to try. "I have been skateboarding every day since sixth grade," Derry said. "It's fun and I do it because it's not what everyone else is doing."

before

When senior Matt Dominguez, football and soccer all-star, thought of a typical skateboarder he pictured someone who listened to punk music and wore skateboarding shoes, chains, Blink-182 shirts and tight jeans. According to sophomore David Derry, this description was not accurate. "First of all, I hate Blink-182 and second of all, I have never worn a single chain before in my life," Derry said. "There is a lot of diversity. Some skateboarders do wear chains and tight jeans and others wear baggy jeans, so it all depends on what they like."



photo by Chelsea Smith

during

In order to demonstrate that there was more to skateboarders than just their appearance, Derry decided to show Dominguez the more important part: being able to do tricks. Derry started off by teaching Dominguez how to do an ollie, which was popping the tail of the board against the ground, jumping, then dragging one's front foot up. When Derry first demonstrated this, he did it off a 27-inch-high jump. Dominguez realized that the jump might be too difficult to complete his first time, so he agreed to learn a kick flip instead, which was similar to an ollie but you drag your foot forward and to the side, then flick the board around. After he mastered the kick flip, Dominguez decided to take it up a notch and learn how to do the ollie, but off of the curb. In the process of perfecting the ollie, principal Bruce Hukee came out to inform Dominguez and Derry that skateboarding was prohibited on school property. Dominguez was very surprised to hear that Derry's hobby was not accepted. "You're not allowed to skateboard here?" Dominguez said. "That's dumb."

after

According to Derry, Dominguez learned how to skateboard much more quickly than most of the other people he had tried to teach. "He listened pretty well and did exactly what I said," Derry said. "From what little skateboarding he learned how to do, he did great."

Once Dominguez finished skateboarding, he realized the talent that skateboarders had. "They have a lot of skills," he said. Although the experience never changed his first impression, Dominguez learned that there was a lot of time and commitment needed in order to become a skateboarder.



photo by Chelsea Smith
spread by Chelsea Smith



photo by Chelsea Smith

Daring to attempt a 25-inch jump, which was higher than he preferred, Dominguez chose to back down and skate off the curb instead. "I didn't want to break my leg," Dominguez said.



Jason Deal
Jess DeBruin
Missy Deer
Teile Delaria
Cory Dennis
Emily DePenning
Logan Derby
Brooklyn DeSart

Jennifer DeWaard
Kelsey Dicken
Abby Dierks
Ashley Dominguez
Andrew Doudna
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the ALL-STAR

becomes a

Star Wars Fanatic

(senior Beth Roese)

(junior Patrick Hanson)

photo by Shaina White



Battling with light sabers, Hanson and Roese test each others' fighting abilities. Hanson owned two light sabers, different styles, from the movie when Luke Skywalker and Darth Vader fought. "I thought that it was cool that he owned all of this *Star Wars* stuff and I have never seen that much in one place before," Roese said.

before

Junior Patrick Hanson tested senior Beth Roese's knowledge of *Star Wars Trilogy* by asking her a few trivia questions. **Who was Luke Skywalker?** Roese said, "All I know is that he was the hero of the movies." **Who was Han Solo?** "I have no idea who that is." **What's the difference between Darth Vader and Darth Maul?** "The only thing I know is that Darth Maul is an evil character in the movies." **What noise does Chewbacca make?** "He makes a loud and annoying noise but I don't know how to explain it." **What actor played Han Solo?** "Oh, I really don't know." **Who was Yoda and who does he teach?** "I think Yoda is a little green dude."



photo by Shaina White

during

Hanson spent the time Roese was at his house passing on his knowledge of *Star Wars*. He told Roese who the actors were and other facts. He showed her the miniature characters and battle ships that he had collected over the years. "I was just glad that Beth didn't laugh at all of my figurines," Hanson said. While at Hanson's house, they reenacted a fighting scene to get a feel of what Luke and Darth Maul felt like.

After the round of fighting, Roese and Hanson took a break to look at his massive collection of miniature figurines. Roese was amazed at the amount of figurines that Hanson had and thought they were very interesting. She couldn't believe the amount of money he must have spent. Roese felt that if he were to sell all of his objects he could pay for college.

after

Roese had her knowledge retested after talking with Hanson. **Who was Han Solo?** "He is the husband of the princess." **What's the difference between Darth Vader and Darth Maul?** "Darth Vader is Luke's dad and he's cooler and Darth Maul has a red and black face with horns." **What actor played Han Solo?** "Harrison Ford played Han Solo." **Who was Yoda and who does he teach?** "Yoda is a smart older character who teaches Luke Skywalker." **Who was R2D2?** "He was the silver robot." **What are wookies?** "They are furry creatures who fly around." After the time with Hanson, Roese's knowledge of *Star Wars* grew.



spread by Shaina White

juniors,
holseid-meyers



photo by Shaina White

Setting up the pieces to play *Star Wars Trivia*. Roese and Hanson get ready to challenge each others' knowledge of *Star Wars*. Roese asked Hanson ten questions and with his knowledge of *Star Wars* he was able to answer every question right. Roese, on the other hand, could only answer a few of the questions right. Hanson won the game.



photo by Shaina White

Along with gaining knowledge of *Star Wars*, Roese and Hanson tried on masks representing different characters from the movie. Roese's mask was of Jar Jar Binks and Hanson's was of Darth Maul. Hanson kept the masks he owned in the basement above his miniature figurines. The masks were stuffed with papers to help keep their shape.



Ashley Holseid
Trevor Holt
Jeffrey Hoobin
Wally Hudyma
Jenna Hukee
Chelsea Hulett
Nathalie Hurm
Drew Imhoff

Nicole Jansen
Chris Jespersen
Jenna Jewell
Maria Johnson
Amanda Jones
Samir Kantarevic
Pasha Kazatsker
Jeremiah Keltner

Amanda Kennedy
Ton Khunsaen
Dylan Kimsey
Erica King
Liz Kirk
Patrick Klopfenstein
Ryan Knepper
Amy Konz

Jenny Kreashko
Alex Kron
Dan Kurns
MacKenzie Lang
Rob Lang
Danielle Larimer
Chane Larkin
Dane Larsen

Kevin Leabhart
Tamara Leaman
David Lee
Claire Lekwa
Megan Letizia
Amanda Leverman
Abby Lewton
Danielle Licht

Rachel Lippincott
Nathan Long
Daniel Lundgren
Kate Mabae
Bridget Mahony
Andrea Malloy
Sammy Maple
Sean Martin

Dani Martinson
Mallory McCarty
Cara McCollister
Kathleen McCollough
Kyle McCracken
Lindsey McCulley
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becomes a

SODA JERK

(junior Andrea Malloy)

(senior Allison Dzubak)

photo by Megan O'Toole



Having only practiced once, Malloy attempts to pour a shake on her first and only victim, Kyle. "At first it looked like I was going to make it into the glass," she said. After the shake first hit his face, she got some in the glass and then more on his face. "I didn't know how to make it stop. He said it was okay to get it on his face," Malloy said.

before

Convincing kids and adults alike to have a shake poured on their heads was no part of junior Andrea Malloy's desk job at Homemakers Furniture. But for senior Allison Dzubak, it was her favorite part of work at Stella's Blue Sky Diner. Dzubak said that she loved big parties of people because "it's like they're paying you to pour ice cream on their children." As advice for anyone daring to give the job a try, she said, "You must lose your inhibitions. It's like performing and you can't worry about what people are going to think." As for Malloy, Dzubak said, "Don't be surprised about anything we ask you to do."



photo by Megan O'Toole

during

Dressed in the correct attire, a mock 50's pink and white waitress dress, Malloy's first task was to make a shake, a Soda Jerk's sole job at Stella's. Dzubak suggested the flavor chocolate peanut butter for Malloy to make, which she would use when practicing her pouring technique. After a quick instruction from another employee and only one practice try, it was time for Malloy to jump in and try her skills on a guinea pig, someone who would let a first timer dump a shake on him. Luckily, Kyle, an employee that helped to instruct her, volunteered. He either had enough confidence in her or was prepared to get spilled on. But to make it even more difficult on Malloy, they had her stand on top of a counter and attempt to drizzle a shake into the glass. Unfortunately for her victim, the glass rested on his forehead while he laid on the ground. She started out by pushing out clumps, but found a somewhat consistent flow.

after

Unfortunately for Malloy, her mock customer was unhappy with the mess she accidentally planted on his face. As revenge, Kyle said it was his turn to pour a shake on her. She fell into the trap and walked away with what he called "beautiful chocolate highlights."

Though being able to pour shakes was a large part of working at Stella's, Dzubak also had her complete smaller tasks like carrying a tray, making kids' meal boxes and totaling up an order. Dzubak commented that it was great how Malloy was smiling and laughing the whole time.

"It would be fun, but I don't know if I would want to do it. I don't have the coordination," Malloy said.



photo by Megan O'Toole

spread by Megan O'Toole and David Zorn

*juniors,
miller-sievers*



photo by Megan O'Toole

Almost through making her shake, Malloy mixes vigorously. Dzubak walked her through the process of making a shake but Malloy thought that holding the freezing-cold glass while handling the machine was definitely the hardest part.



photo by Megan O'Toole

Malloy receives instruction on a simpler task: constructing small cardboard versions of a convertible. Even though Malloy didn't know it at the time, the mini cars they made would be used to deliver kids' meal orders.



Abby Miller
Tyler Miller
Vic Minella
Jessica Mitchell
Tim Monkhouse
Megan Moore
Abby Morris
Elise Mullen

Jeremy Nall
Kari Neal
Zachary Nelson
Matt Ness
Allison Norelius
Robyn Norris
Brayden Nurse
Ryan Olney

Jeffrey Orr
Pete Ostiguy
Dan Ostrom
Lindsey Oviatt
Carley Paul
Jessica Peiffer
Sarah Peppmeier
Christian Perez

Jenna Petersen
Nathan Peterson
Kyle Phillips
Brandon Pruitt
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Lindsey Ranney
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Sarah Reese
Libbie Reichling
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Jake Reiser
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Guadalupe Reyes
Kaylee Richter
Riley Richter
Beto Rodriguez
Sandy Rodriguez
Steven Rood
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Xavier Rowe

Kayla Russell
Joe Salvini
Scott Sauber
Stacie Schafer
Keni Schroeder
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Michael Seibert
Regan Seiler
Andrew Shields
Carly Shingledecker
Jonathan Shockey
Nicholas Shoeman
Alexander Siemer
Ryan Sievers

people

the Performer

becomes a

Car Junky



(senior Sean Coughlin)



(sophomore Tim Glass)

photo by Amanda Kennedy



Glass attempts to describe how to fish wires from the subwoofers in the back and connect them to the battery in the front. "I would put a stereo system in my next car but I refuse to put any more money in my van that I have due to the fact that it will go out at any time," Coughlin said.

before

In senior Sean Coughlin's 1990 Dodge Caravan you won't see any special sound equipment. All that is there are the basic factory-made speakers, radio and CD player. Coughlin doesn't spend his time under the hood either. Instead he spends it on stage for a variety of drama and musical performances. When presented with the idea of working on sophomore Tim Glass's car with him, Coughlin revealed that he is one to buy a car and leave it just the way it came.



photo by Amanda Kennedy

Glass had recently bought a 1997 Dodge Vent with plans of pimping it. He decided to add an amplifier and a subwoofer. "I would never put anything like that in my car," Coughlin said. Glass planned to do more, but with the good condition of the car and his lack of money he decided against it.

during

Glass prepared Coughlin for the car's transformation by showing him the different materials needed to hook up the amp and speakers. Glass also explained that the amp, that goes in the trunk, connects to the battery which sits under the hood by cords that run through the car.

"I had no idea what was going on so I just tried to act like I did," Coughlin said. To do this he asked questions pertaining to how different things in the car worked. Though he didn't understand everything, he tried helping by double checking the placement of the cords as they ran through the car. Wiring the car was hard enough but the freezing weather made it even harder. Concluding the process, they plugged the cord into the battery and tested the sound system. With a new and improved sound coming from his car, Glass deemed the installation a success.

after

Even though he was working with someone who was inexperienced, Glass said, "Overall it (the subwoofer) was easier to put in since I had someone helping me."

After learning more about cars, Coughlin had enough confidence to attempt to change the oil in his own van. He taught himself how with the help of library books, and the endeavor turned out to be a success.

"I thought it was cool getting down and dirty," Coughlin said. "I felt good about changing my oil. Changing the oil made me feel like a man. I would change my oil again to save some money."



photo by Amanda Kennedy

*juniors-sophomores,
sigmund-adams*



photo by Amanda Kennedy

Researching at the high school library, Coughlin tries to learn how to change oil in a car for the first time. Coughlin dared to try an oil change after assisting in the alteration of Glass's car. "I feel confused about looking through books to change oil. But I'm not going to ask because I'm too manly to get help from anyone," Coughlin said.



photo by Amanda Kennedy

After learning how to change the oil in his van, Coughlin opens the cap to the oil receptor so that the old oil can drain out faster from the bottom of the storage area. According to Coughlin, he felt proud of himself because he researched all the information for the oil change in his van.

spread by Beth Aubuchon
and Amanda Kennedy



Liz Sigmund
Kelly Slater
Brian Sloan
Ashley Smith
Chelsea Smith
Shayla Smith
Krysten Steen
Jason Steimel

Evan Stone
Tian Sun
Stacy Syroka
Brandon Thompson
Lauren Thompson
Amanda Thrasher
Matt Tiller
Elizabeth Timmins

Falyn Tingley
Lauryn Tosch
Kristen Turnblad
Brett Turner
Erick Turpin
Jake Tyler
Brian Underwood
Jessica Upton

Laura Valencia
Danielle Van Langen
Joe Van Sickle
Alexis Van Vleet
Dustin Van Zee
Emily Vander Ploeg
Calvin Vernon
Joey Verrant

Taylor Vestal
Jessica Villegas
Michael Vogel
Dustin Volquardsen
Nathan Vorm
Hunter Watkins
Phillip Weathers
Allie Welch

Tiffany Wendel
Jordan Wengert
Chelsea Wendt
Lauren Wenzl
Jordan Wheeler
Jaryd White
Shaina White
Charlie Wigger

Brianna Wight
Nate Wilder-Smith
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Ashley Williams
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Ashley Zenor
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Stephan Adams
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the SPORTSMAN

becomes a

trumpeter

(junior Kyle Phillips)

(senior Leah Lundstrom-Yurdin)

photo by Afton Simpson



Phillips belts out the best version of the C scale that he can. "You wouldn't exactly call him a natural," Lundstrom-Yurdin said, "but at least he tried and put forth the effort to learn."

sophomores,
aguiar-cloyd



photo by Afton Simpson

Lundstrom-Yurdin played a few notes for Phillips to give him an idea of what a scale is really supposed to sound like. In her eighth year of playing, Lundstrom-Yurdin was trumpet section leader in marching band as a senior.

before

Award-winning soccer player Kyle Phillips, junior, tried his hand at the trumpet. Phillips, who had played soccer for as long as he could remember, had never attempted to play a musical instrument.

Senior Leah Lundstrom-Yurdin had played the trumpet since she was in the fifth grade, and had been first chair in Concert Band for two consecutive years. "It takes a lot of work and practice, but I love it so it doesn't seem like a lot of work to me," Lundstrom-Yurdin said. Before any notes were played, she went over the basic points of reading music with Phillips and showed him how to place his hands on the instrument.



photo by Afton Simpson

during

To start off the lesson, Lundstrom-Yurdin explained the basic scales of music to Phillips. "Even though I've been in years of (vocal) music classes, I still don't know how to read music," Phillips said. He then learned the correct way to hold the instrument in his hands, how to place his lips on the mouthpiece and the proper way to produce sound. With the spotlight on him, he gathered all his courage and made his first attempt at the scale. He at first couldn't get a sound out at all, but Lundstrom-Yurdin gave him some more pointers to get him going. Phillips then belted out a loud G. "This is a lot harder than I would have imagined," Phillips said, while struggling to get the right fingerings down as Lundstrom-Yurdin read them off to him.

after

"It takes talent, talent which I do not have, but it was interesting to go through the motions," Phillips said about his trumpeting experience. But Lundstrom-Yurdin was still impressed with Phillips's attempt. She said, "Even though he wasn't sure he could do it, he still tried and put forth effort all the way through."

Even though Phillips enjoyed the experience, he wasn't interested in playing the trumpet again, but was still interested in taking up the guitar or the drums. "Now that I know how much work (music) takes, I would have to fit it into my already busy schedule," Phillips said.



photo by Afton Simpson

spread by Afton Simpson



photo by Afton Simpson

When explaining the basics on the trumpet, you can't leave out the spit valve, where excess spit drains. Lundstrom-Yurdin explained to Phillips that the trumpet self-lubricates with the player's saliva. "The whole idea of the spit valve is pretty disgusting," Phillips said.



Ignacio Aguilar
Chris Ajluni
Hannah Allison
Spencer Ames
T.J. Anderson
Tyler Anderson
Katie Backstrom
Courtney Badgley

Quinn Bailey
Bryan Baker
Trevor Baker
Will Baker
Erin Ballard
Erin Barnard
Brent Barz
Rachel Bassell

Frank Bates
Chase Baumgartner
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to all seniors on behalf of
Meredith Drive Reform Church

Jeremiah 29:11 "For I know the plans I have for you,"
declares the Lord,
"plans to prosper you and not to harm you, plans
to give you hope and a future."

the ACTRESS

becomes a

Ceramist



(sophomore Rebecca Stoeker)



(junior Elizabeth Timmins)

photo by Andy Pullen



Stoeker works with the clay to get the correct consistency, a technique called wedging. She was told by Timmins that throwing it onto the table and mashing it up with her hands would make it easier to work with, and would create a stronger pot. By doing this, it released all the extra moisture, making it easier to sculpt with.

sophomores,
cluney-hageman



photo by Andy Pullen

Timmins explains to Stoeker how to practice a coiling technique. Coiling involved rolling the clay into a long snake-like form. They then ran the long coil over the edges of its square slab base to create the sides of the pot. Timmins explained that one must blend the coils together to get rid of air pockets.

before

With a full high school course of working with clay under her belt, junior Elizabeth Timmins didn't see any problem in showing sophomore Rebecca Stoeker how to "wedge," or work the moisture out of the clay. They also connected slabs of clay and created a coiled pot.

"Teaching how to work with clay can't be that hard, it will be fun," Timmins said.

Stoeker was more familiar with the bright lights of the stage than the fire of the kiln. A simple coiled pot back in a middle school art class was the last clay object Stoeker had made.

"I know that people who work with clay and other artistic things are very talented, and I am looking forward to trying this out and seeing what I can do," Stoeker said.



photo by Andy Pullen

during

Stoeker struggled to catch up to Timmins, who was much quicker and experienced at working the moisture out of the clay. It took nearly 45 minutes to work all the moisture out in preparation to make supporting walls. Timmins taught her how to connect the two slabs that created a cylindrical shape so they had a base shape to coil around.

"The wall was the hardest. It seemed like I could never get it to stand up in the right way," Stoeker said. Her confusion seemed to disappear with the help of Timmins, who always provided her with a good example.

"It is most likely going to be hard for her considering she has never done it before. She had never had to grab and work out the moisture with wet clay," Timmins said.

Stoeker was pleased overall with how her pot turned out.

after

When Timmins finished showing her how to make a basic pot, they wrapped up by going to the sink and washing the crusted clay off their fingers. Timmins thought that teaching Stoeker was easy, considering they only got to the basics.

"We didn't get to the hard parts in clay. The hardest parts are when you didn't wedge enough, or when your project blows up in the kiln," Timmins said.

Stoeker was happy to be clean again. She found it easy to follow Timmins's directions, but thought the work was harder than she had imagined. "Doing all that just reaffirms the idea that you have to be talented to create things in art," Stoeker said.



photo by Andy Pullen

spread by Andy Pullen
and Logan Koch



photo by Andy Pullen

Focused on what she is doing, Stoeker (hands on the left) tries to duplicate Timmins's handy work (hands on the right). After they rolled the clay to the correct thickness, they used an exacto knife to carve the clay into squares. Timmins taught her how to connect two slabs of clay correctly, so they wouldn't come apart when heated.



Eric Cluney
Scott Clyce
Cole Cochran
Tabatha Conger
Emily Conn
Lindsey Cosgriff
Collin Coughlon
Zach Crawford

Scott Cronin
Michelle Cross
Griffin Crowder
Brittany Curtis
Jacob Curtis
Amber Davidson
Abby Davis
Nicole Davis

Stephanie Davis
Teresa Davis
Megan DeLanoit
Heather Dell
Maggie Denison
Austin Denny
David Derry
Kiley Dewhurst

Shawn Dickerson
Ryan Dickey
Kyle Dickinson
Grant Dippold
Levi Dolieslager
Jordan Dorrian
John Dzubak
Erica Eaves

Trentin Echols
Zach Eden
Taylor Egly
Connor Elmitt
Graham Emmerson
Ashley Erickson
Danielle Finley
Danny Fitzgerald

Scott Fluegel
Tyler Foster-Stavneak
Silvia Fouch
Larissa French
Tana Friesth
Casey Frisk
Jimmy Frizzell
Sarah Froehlich

Matt Gearhart
Brad Gibson
Lydia Givens
Tim Glass
Alison Glenn
Austin Golightly
Josh Gowdy
Taylor Gowy

Ashley Grant
Devon Greer
Taylor Grieve
Abby Gumina
Alex Guns
Traci Gwinn
Sierra Hagan
Natasha Hageman

people

—Congratulations—
to all seniors on behalf of
Meredith Drive Reform Church

Jeremiah 29:11 "For I know the plans I have for you,"
declares the Lord,
"plans to prosper you and not to harm you, plans
to give you hope and a future."

the TECHIE

becomes an

artist



(senior Jake Walahoski)



(junior Ashley Forbes)

photo by Stacie Bendixen



Walahoski outlines the "Journey" that is golf in his abstract painting. Forbes pointed out that painting was also a journey. She said that what Walahoski was doing, completing a painting in less than an hour, was a challenging task because painting is really a process; she thought his painting turned out well for the circumstances.

sophomores,
hahn-lawrence



photo by Stacie Bendixen

After showing him some of her paintings, Forbes explains to Walahoski her passion for abstract art. "You take an object you want to paint and then you abstract it. You turn it into something totally different," Forbes said. "I paint a lot of abstract with emotion and colors. I put what I'm feeling into it."

before

Around the time she started high school, junior Ashley Forbes began painting for fun. It was when her great-grandmother, a painter, passed away and Forbes inherited her art supplies that the hobby really took off. "I don't think there's any restrictions on what you can do with art," Forbes said. "Art is a way you can express yourself."



photo by Stacie Bendixen

As president of the Iowa chapter of Technology Student Association (TSA), senior Jake Walahoski also used creativity; in drafting design, for example. "It's all about creative design, and then logic comes into it too if you're designing for a specific purpose," Walahoski said. He headed into the experience with an open mind. With Forbes's advice to "start big," Walahoski chose a brush and got ready to become an artist.

during

The first step in abstract painting, Forbes's favorite style, was to choose a subject. Walahoski decided on golf, one of his biggest interests. As Walahoski hesitated on how to get started, Kate Braland, Forbes's friend visiting from art school in Massachusetts, told him, "Don't paint the scene of golf. Paint the *shapes* of golf." "Use what you feel. Colors can determine how you feel a lot, but so can lines and movement," Forbes said. Walahoski expressed on the canvas his view of golf as a journey. At various points, Forbes asked him what he was seeing as he painted and gave him pointers on mixing colors and which brushes to use. Finally, after pondering his work, Walahoski said, "I'm almost happy with it," and declared his masterpiece finished.

after

"That was fun," Walahoski said when it was over. He said the hardest part was choosing a topic, but once he had one, the ideas flowed. "I just had to think about the similarities of golf to other things," he said. "I saw it as a journey. The journey on the golf course is to get from a tee to the green. In anything, you have a journey where you face different obstacles, and then you end up with hopefully a successful conclusion. It goes all the way to life, too." Forbes approved of the finished painting as well.

After the artistic experience, the connection between their hobbies was made clearer for both of them. As Walahoski put it, "They say science is an art, and art can be a science."



photo by Stacie Bendixen

spread by Stacie Bendixen



photo by Stacie Bendixen

His work of art complete, Walahoski signs and dates it to commemorate his creation. Forbes admitted that signing a painting was always difficult. It was tricky to make the letters precise using a paintbrush, which Walahoski also found as he inscribed "J. Walo" on his painting.



Jennie Hahn
Dan Haight
Daniel Hall
Paul Halterman
Nickales Hamilton
Carly Hammer
Ethan Hansen
Jonathan Hansen

Zachary Hansen
Joseph Harcharik
Rhianna Harm
Clayton Harris
Amanda Hatfield
Anne Hayward
Lisa Heath
Becky Heffling

Greg Hefner
Tiffany Hess
John Hill
Jon Hoffman
Jordon Holcomb
Michael Hols
Crystal Hon
Felicia Hoover

Heather Hoveland
Katie Howe
Kathryn Huen
Emily Hurm
Kelsey Hyde
Reidy Ingran
Jeremy Irwin
Matthew Janes

Ross Jennings
Andrew Jerden
Jeremy Johnson
Kellen Johnson
Nick Johnson
Sammie Johnson
Marquis Jones
T.K. Kanauss

Rasmin Keco
David Keenan
John Kennedy
Austin Kern
David Kerns
John Kimball
Kadi Kimble
Josh Kintz

Nick Kirkhart
Luke Knee
Libby Knoll
Logan Koch
Ben Kohles
Siddhartha Kollipara
Kelsey Kovacevich
Kelsey Kramer

Justin Krull
Bryce Kubik
Emily Kuster
Alison Langston
Billy Lanning
Alix Lapole
Vincent Larson
Elizabeth Lawrence

people

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the MUSIC ENTHUSIAST

becomes a

model

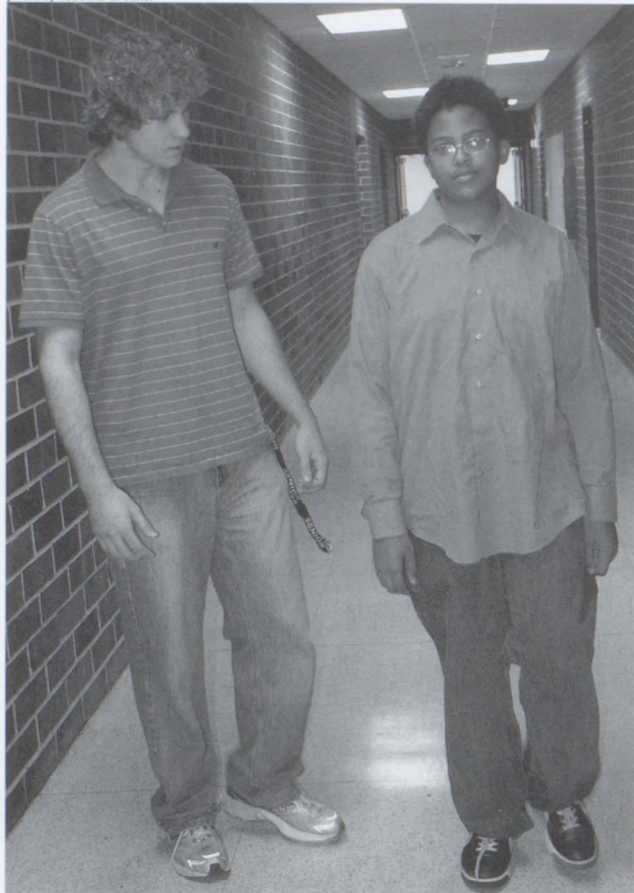


(sophomore Frank Baxter)



(senior Antonio Festini)

photo by Rebekka Broeker



The ever so studious Baxter learns from his guru modeling teacher, Festini. "Frank was good for a beginner, but he wasn't perfect. He was good for what he was doing (the catwalk). The more he practices the better he will get," Festini said.



photo provided by Antonio Festini

As the man with the knowledge and the attitude to be a model, Festini poses for his portfolio pictures. The pictures were taken by Peak Model and Talent Management photographers. Festini considered himself to have the perfect physique by being muscular. He maintained his figure by working out multiple times a week.



photo by Rebekka Broeker

before

Pucker your lips and smile with your eyes. Unquestioning of methods, sophomore Frank Baxter posed for the camera with only his preconceived notions that models were stuck up. Baxter described himself as the slow paced singer, "band kid" who would put on a performance to impress. This was another show with different methods. Baxter's reasoning for being musically inclined was a car accident that took his godmother in eighth grade. Baxter said, "Singing was kind of a way to get away from things. People told me that I would like it (show choir), so I joined to meet new people and to fill the gap (of losing my godmother)."

Senior Antonio Festini was introduced into modeling by a recruiter that found him at his place of work. Festini had not been hired but had accumulated a portfolio. Although Festini was interested in modeling and planned to visit New York over the summer for an audition, he said, "If I got a good modeling job offer I would still pursue body training because modeling can fall through."

during

Catwalk up the runway and strike a pose. Festini showed Baxter the right moves and intriguing looks that would make him a model. Teaching Baxter, Festini said, "A good model (typically) looks wise, is someone who is tall, blond hair, blue eyes, nice skin type, and some physique." Learning the basics got tough, but Baxter silently let go of the first instincts of failure and kept trying. While critiquing Baxter's walk, Festini said that Baxter needed to find something to look at and keep his gaze concentrated there. It was key to keep his shoulders and head up and always walk with confidence.

after

Turn around and try not to run for the hills. Baxter said, "That's good advice that Antonio gave me, for life in general, because you can't walk around with your head down. People will think less of you." Baxter believed that this was not a career that he would want to go further in because he didn't find it to be interesting or as profound as Festini did, he believed that it took a certain type of person to pull it off. Baxter said, "I wonder if I would even have what it take to be a model, because of how they are portrayed in society. They are thought to be stuck up and I don't think I could be that way."



photo by Liz Kirk

spread by Rebekka Broeker and Liz Kirk

Festini shows Baxter some modeling moves, such as how to pose like a cowboy. This maneuver involved placing their thumbs through the belt loops of their jeans. "I felt kind of awkward (during the process). It was weird to put yourself in front of people (modeling)," Baxter said. "I would never consider modeling as a profession."

sophomores,
Leahy-rasmussen



Sam Leahy
Aaron Lehman
Chris Leslie
Hannah Levine
Blake Lewis
Nathan Lockner
Willie Lowe
Amanda Lower

Jason Luangsiyotha
Kate Luksetich
Lindsey Mabe
Amir Malic
Meredith Manning
Sasha Manson
Leah Marquis
Kevin Marvin

Alison Maurer
Justina Mazza
Juliana McCoy
Kyle McDowell
Maurio McKay
Mallory McKinley
Grace Meiners
Ryan Merideth

Josh Merritt
Laura Messerly
Jacob Meyers
John Miller
Mario Mitchell
Addam Morrow
Erik Mortens
Sarah Mueller

Jeremy Mundel
Brad Nelson
Drew Ness
Khanh Nguyen
Carissa Niederkorn
Addison Nielsen
Troy Nielsen
Shawntel Noel

Andy Nordhus
Nate Nuzum
Shannon O' Connor
Emily O'Keefe
Geoffrey Ocdise
Emma Oeltjenbruns
Matt Ogren
Jordan Olson

Jamison Osborne
Zlatan Pajser
Sarah Parks
Joseph Pavelka
John Peitzman
Jeremy Penrod
Sam Pessolano
Jacob Pfundheller

Corey Pierce
Christopher Pilkington
Vildana Preljevic
Klay Queck
Jay Quick
Ryan Randazzo
Casey Randel
Jeff Rasmussen

people



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47

forty-seven

the NONCONFORMIST



(junior Shaina White)

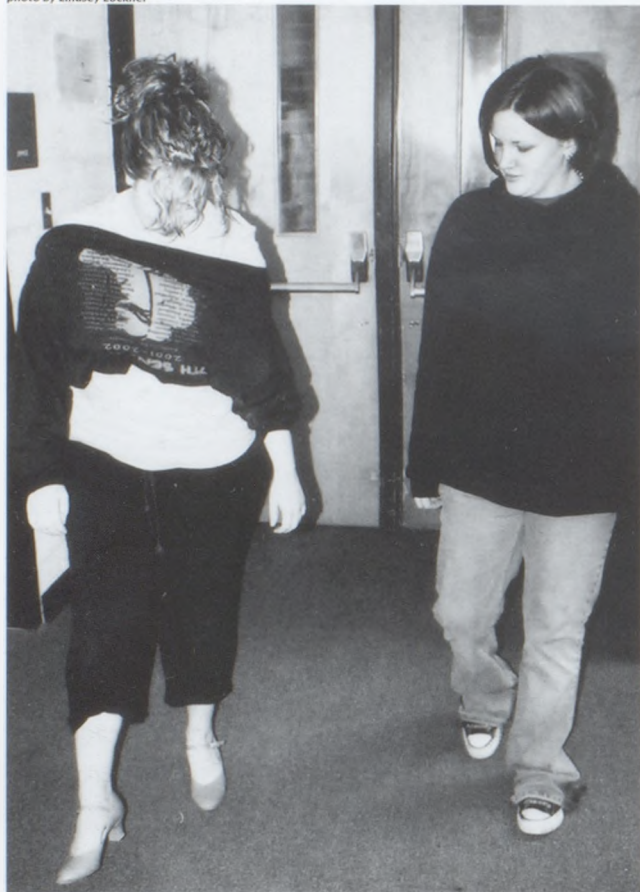
becomes a

dancer



(sophomore Jasmine Riley)

photo by Lindsey Lockner



Memorizing the complex footwork, White follows Riley's lead in the dance steps she needed to learn for show choir. White picked up a lot of steps, but she had a bit trouble putting it all together. "I'll have these steps stuck in my head. I'm planning on going to one of the competitions and when I see them doing it, I'll be sitting there dancing," White said.

before

According to junior Shaina White, dancing meant school dances, and those were for hanging out with friends. White had no previous dance experience and knew that she couldn't dance. On the other hand, sophomore Jasmine Riley had been taking many different types of dance lessons for the past ten years.

Riley had taken jazz, tap, ballet, acrobatic and point. Riley had been in show choir since seventh grade. She was very dedicated to it and decided to continue with her show choir career instead of taking more dance classes. With all the experience Riley had, she knew the importance of warming up her muscles before Synergy rehearsal. If they didn't, there would be the lingering possibility of pulling a muscle while dancing.

during

White had difficulties learning some of the moves and was uncomfortable doing all the steps in front of Synergy, but when she was with Riley behind the risers in the chorus room, White opened up more. Riley was enthusiastic about teaching White all the dance steps she had been learning for competitions she would have in January. Once Riley enlisted the help of sophomore Brianna Upton, she was able to get the moves right.

"I could tell that Shaina was having a difficult time, but started to open up and have fun," Riley said. "I didn't realize that it was so difficult for people who weren't in show choir to pick up the dances."

White said she was a little uncomfortable because she wasn't as bubbly as Riley, but she thought that it showed Riley really cared about her dancing.

after

Once all the one-on-one practicing was complete, Riley and White went to the risers to work on the choreography. White was able to dance for two songs: "Miami" from *The Blues Brothers* and "Can't Stand Still" from *Footloose*. "Miami" was a faster song and harder for White to keep up with because the foot work was complicated, and "Can't Stand Still" was much easier for White to dance to. According to White, there was more upper body movement, which made it easier for her to keep up with. Overall all White learned to keep an open and some new dance steps in the process.



photo by Lindsey Lockner



photo by Lindsey Lockner



photo by Lindsey Lockner

sophomores,
rees-vardaxis

spread by Lindsey Lockner

White insisted on practicing with Riley before she took the stage because she didn't want to look "like a fool." White thought she would only be dancing to one song, so she only learned the steps to "Can't Stand Still." Riley then encouraged White to go ahead and follow the steps to "Miami." This contributed to White's difficulties in learning the dance.



photo by Lindsey Lockner

Once White got all the moves down, she felt good enough to stand beside Riley on the risers during rehearsal. White said that since she knew a lot of the people there, she didn't want to look bad. According to White, she knew this would be somewhat difficult because she said she couldn't dance and she had respect for Riley because she could.



Eric Reese
Robert Rhodes
Adam Richards
Topher Riddle
Jasmine Riley
Antonio Rodriguez
Ricky Rodriguez
Emily Roeser

Justin Rol
Danielle Rowen
Julia Rude
Anne Ruebelke
Kerian Rupp
Joel Rydberg
Neal Rydberg
Emeri Sams

Makea Sanders
Amy Sassatelli
Angela Schaefer
Tine Schempp
Kayla Schmidt
Rebekah Schnackel
Chris Schnell
Nick Scholten

Matt Schultz
Sarah Schweizer
Thomas Schweitzer
Dane Seaberg
Emilie Seda
Nick Sedgley
Gabe Sellers
Todd Sexton

Tyler Shannon
Ocean Sheriff
Justin Short
Michael Skeans
Michael Slusark
Brian Smith
Cal Smith
Todd Sonner

Clayton Spiece
Ben Sprinkle
Eric Stodola
Rebecca Stoeker
Katie Stoen
Austin Strawhacker
Kristen Strawhacker
Tommy Stroud

Abbie Symonds
Sarah Taylor
David Temple
Kyle Thomann
Claire Thompson
Sarah Timmons
Matt Torrence
Eric Tubbs

Joshua Twinn
Zackary Tyler
Amanda Ufheil
Brianna Upton
Luis Valdez
Brandon Van Vleet
Samuel VanSuple
George Vardaxis

people

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the AVERAGE JOE



(sophomore Addam Morrow)

becomes a *fanatic*



(junior Boo Smith)

photo by Dani Martinson



Slowly applying hair dye to Morrow's head, Smith squeezes the colored pigment from the plastic bottle. According to Morrow, his head started to tingle, but it was a fun experience. On the other hand, Smith was concerned that Morrow might not like the color his hair started turning. "I was more nervous for him because I was afraid that I might mess up his hair," Smith said.

*sophomores-faculty,
verhuel-jacobson*



photo by Dani Martinson

Smith carefully prepares the hair dye while Morrow watches intently. Morrow had been on edge worrying about how his hair would turn out, but when it actually came down to the last few minutes before the process began, he started to relax. Morrow said, "I was less nervous because I was already ready to go."

before

Junior Boo Smith was known to others mostly for her frequent extreme hair dying. Smith said she dyed her hair at least once a month. Many people, including sophomore Addam Morrow, thought Smith's main reason for outrageous colors was for attention, but according to Smith, her main purpose was to be different from the bulk of the student body. She continued dying it to keep people guessing what she would do next.

Morrow had never dyed his hair before because his dad never allowed it. Morrow said he wanted to dye it, but "if my dad didn't do it (dye his hair), we didn't do it." However, this difference had the chance to change when Smith dyed Morrow's hair.

during

The experience started at Target in Urbandale, where the two ventured to select a color for Morrow's hairstyle. After a long deliberating process they ended up selecting Champagne Cocktail by L'Oréal to be Morrow's future temporary hair color. After the purchase they headed to Morrow's house and began the transformation of his appearance. Both Morrow and Smith began to feel butterflies in their stomachs. "I was nervous how it would turn out and what my dad would think," Morrow said.

While they put the dye in his hair, it changed shades, but not the shade that they had planned on. "I was really worried when it started turning red that he wouldn't like it," Smith said.

after

Approximately 25 minutes later, after washing his hair out, the color still wasn't what they expected but got the seal of approval from both Morrow and Smith. "I really liked it. I thought it brought out his eyes and looked really good on him," Smith said.

Not only did they like it, but it was approved by Morrow's dad. "He thought it looked pretty good and liked it," Morrow said. "If I got the chance and my parents would let me I think I would dye my hair again."



photo by Dani Martinson

spread by Dani Martinson
and Felicia Hoover



photo by Dani Martinson

Prepping her hair for the Anorexic Beauty Queen concert at the House of Bricks, Smith gazes at herself in the mirror. Smith said that sometimes she woke up and didn't even comb her hair, but on other days, when she wanted it to look nice, she paid attention to every single detail.



Cody Verhuel
Logan Volz
Mark Voyek
Hannah Wagner
Whitney Wall
Nathan Warm
Erica Warren
Alycia Waterman

Alicia Watrous
Erica Weirich
Heather Wendel
Blake Wheeler
Lauren Whitney
Saliya Wijeratne
Dawn Wilkens
Heather Will

Cassidy Williams
Jenalee Williams
Michael Williams
Preston Williams
Chris Williamson
Steven Williamson
Rachel Winterbottom
Jenna Winzenburg

Kimhant Wiratsorn
Michael Wright
Patrick Xu
Alex Yang
Julla Zhang
David Zorn
Hailie Zulaica
FACULTY
Heather Adair, Special Ed

Jeannette Babcock, Library Media
Chanhom Baccam, Special Ed
Tonia Backous, Special Ed
Sue Baker, Counselor
Debbie Banashek-Cole, English
Pam Barnes, Spanish
Chris Beguhn, Science
Cheryl Berglund, English

Vickie Borich, Math
Judy Briles, Assoc. Principal Sec.
Rick Brooks, Science/Math
Pam Brown, Science
Phyllis Caswell, English
Teri Christensen, Special Ed
Sue Cline, E.L.P.
Kelly Coleman, Social Studies

Dale D'Iapico, Special Ed
Dale Doudna, Counselor
Gail Espe, Special Ed
Lois Faley, Secretary Assoc.
Kerri Faust, Special Ed
Russ Fortune, Special Ed
LaRon Garlock, Special Ed
Rich Gradoville, Math

Stephanie Groathouse, Math
Wendy Haight, Chorus
Ruth Hamilton, Fam. & Con. Sci.
John Harris, Science
Stacia Hawkins, Special Ed
Jessica Heidbreder, Band
Patrick Hennes, Social Studies
Brad Jacobson, Science

people



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the MUSCLE MAN

becomes a

muffin man

(senior Stephen Ites)

(sophomore Lindsay Mabe)



photo by Nate Gonner



As the day winds down, Mabe shows Ites the proper way to make a sandwich. Instead of getting paid for his day's work, Mabe and Big Sky Bakery gave Ites a sandwich free of charge. Ites's sandwich of choice was turkey on wheat bread with sun-dried tomato mayonnaise.

before

Ahh... the sweet aroma of a bakery. Fresh bread, cupcakes, muffins and cakes fill the air, making one's mouth water. This is what sophomore Lindsay Mabe got to experience every day she worked. Mabe had served at Big Sky Bakery in Urbandale for over 11 months. Even though she had been there a long time, not every day was the same. "The great thing about my job is that we pretty much manage ourselves," Mabe said. "You learn something new whether it is how to package bread or how to make it, every day is a little different." Senior Steven Ites got a dose of Mabe's bakery abilities. According to Ites, he was your typical senior guy. He played football for both the varsity and junior varsity teams. He also lifted weights at least five days a week, and was not used to cooking.



photo by Nate Gonner

during

Ites thought that he had a pretty good idea of what happened at a bakery before he went and saw first-hand. "I thought that there would be Italian guys at the entrance of the bakery singing and dancing," Ites said. "Also they would have a lot of bread in bags ready to be sold along with other things such as cupcakes and muffins." Ites was right about one thing: they did sell bread, cupcakes and muffins, but the singing part was a different story. "When I tried to sing a song everyone gave me a dirty look," Ites said. According to Mabe, she enjoyed Ites's show but she also enjoyed making and sacking bread as well as compiling sandwiches.

after

Ites did survive his day at Big Sky Bakery. Even though Ites enjoyed the bakery experience, he was just not up for the job. "It seemed like it was an interesting job, but I couldn't do it on a regular basis because it was always hot because we were standing next to the oven," he said.

Mabe didn't think he was up for the job either. "I don't think he could stand a full day at the bakery because at my job you need to concentrate on what you're doing and he was concentrating more on himself. He was more worried about how he looked than doing the job," Mabe said.



photo by Nate Gonner

*faculty,
jauron-white*

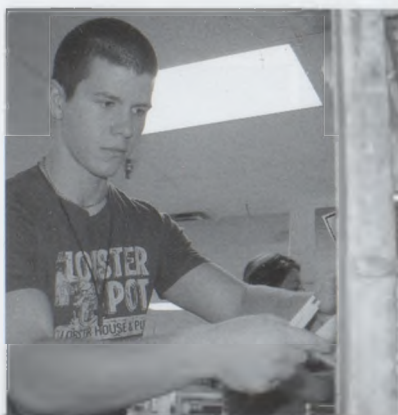


photo by Nate Gonner

As he makes the finishing touches to his project, Ites puts labels in the bags of bread. According to Ites, he thought that bagging bread was boring and he didn't like doing it at all. The types of the bread that he had to label were Italian, wheat and French.



photo by Nate Gonner

Ites's mouth waters at the smell of the fresh baked bread before Mabe shows him the ropes of sacking it. Before they could start, Mabe showed Ites all the types of bread that they baked at Big Sky Bread. The bread had been baked earlier in the day and was set on the shelf to cool off.

spread by Nate Gonner



Jason Jauron, Social Studies
Penny Jess, Nurse
Patrick Kearney, Band
Jerry Kinder, Social Studies
Jill King, Special Ed
Amy Lane, English
Deb Markert, Assoc. Principal
Ryan Mayer, Industrial Tech.

Susan McCravy, S.T.A.R.
Marilyn Middleton, English
Cheryl Miller, Guidance Sec.
Paul Miller, Special Ed
Mike Modlin, Industrial Tech.
Mary Moermond, French
Diane Nelson, Special Ed
Deb Nicholson, Physical Ed

Renee Nielsen, Spanish
Marlette Nikolai, Special Ed
Jennifer Oden, ELL
Norah Olguin, Spanish
Sarah Reames, Counselor
Adam Retzlaff, Math
Tara Roberts, Special Ed
Allcia Rollison, Social Studies

Gary Ross, Athletic Director
Jackie Sapp, Health
Lynne Sater, Special Ed
Dan Scannell, Special Ed
Jay Shackett, Social Studies
Matt Shelton, Special Ed
Chris Siewert, Science
Steve Smith, Math

Jerry Stratton, Assoc. Principal
Ashley Thompson, Special Ed
Emily Timmins, Special Ed
Brigid Townsend, Special Ed
Michelle Tracy, Special Ed
Wendy Vanderport, Special Ed
Sarah Wessling, English
Jody White, Chorus

people

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redefine your future...

In between rehearsals, games, meetings and friends, we all had to make time for academics- they were, after all, the reason we went to school. Math, science, history, English... the subjects we all knew and loved. It didn't have to be all about the books, though. We were here seven hours a day, five days a week, 180 days a year; we might as well take the opportunity to learn something useful. We expressed our inner selves through art, set bubbles on fire in chemistry, and learned foreign languages so we could experience life beyond these borders. Perhaps a student who took Painting, which was offered again after being absent from the class roster, was inspired to become the next Van Gogh. Or maybe someone who hosted a French exchange student, a group of whom visited in April, was turned on to international relations and will become a great diplomat. Grades may have defined our immediate educational futures, but they were only the beginning. In any class we could discover an interest that would redefine the rest of our lives. So if we were smart, instead of dozing in our desks, we seized the opportunity to discover the exciting paths that lay before us.

Delicately decorating a plump pumpkin, junior Chelsea Connelly works on a service project for her Job Co-op class. Once the paint was dry, the pumpkins were donated to Bishop Drumm Nursing Home to be judged by the residents and to serve as Halloween decorations.



photo by Kristin Boscaljon

see business and computers on pg. 58

Junior Dylan Kimsey puts the finishing touches on his canoe paddle by sanding down the fiberglass that surrounds it. Kimsey made the paddle as a part of his semester-long carpentry project. The purpose of the fiberglass was to make the paddle waterproof.



photo by Andy Pullen

see industrial technology on pg. 64

While holding up his eye protection with one hand, junior Peter Ostiguy keeps a careful eye on the flame of his bunsen burner during his AP Chemistry class. "I was removing water from a hydrated salt to determine the formula of the hydrate," Ostiguy said. "It was just a blast."

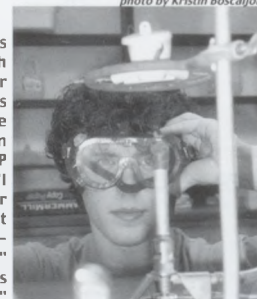


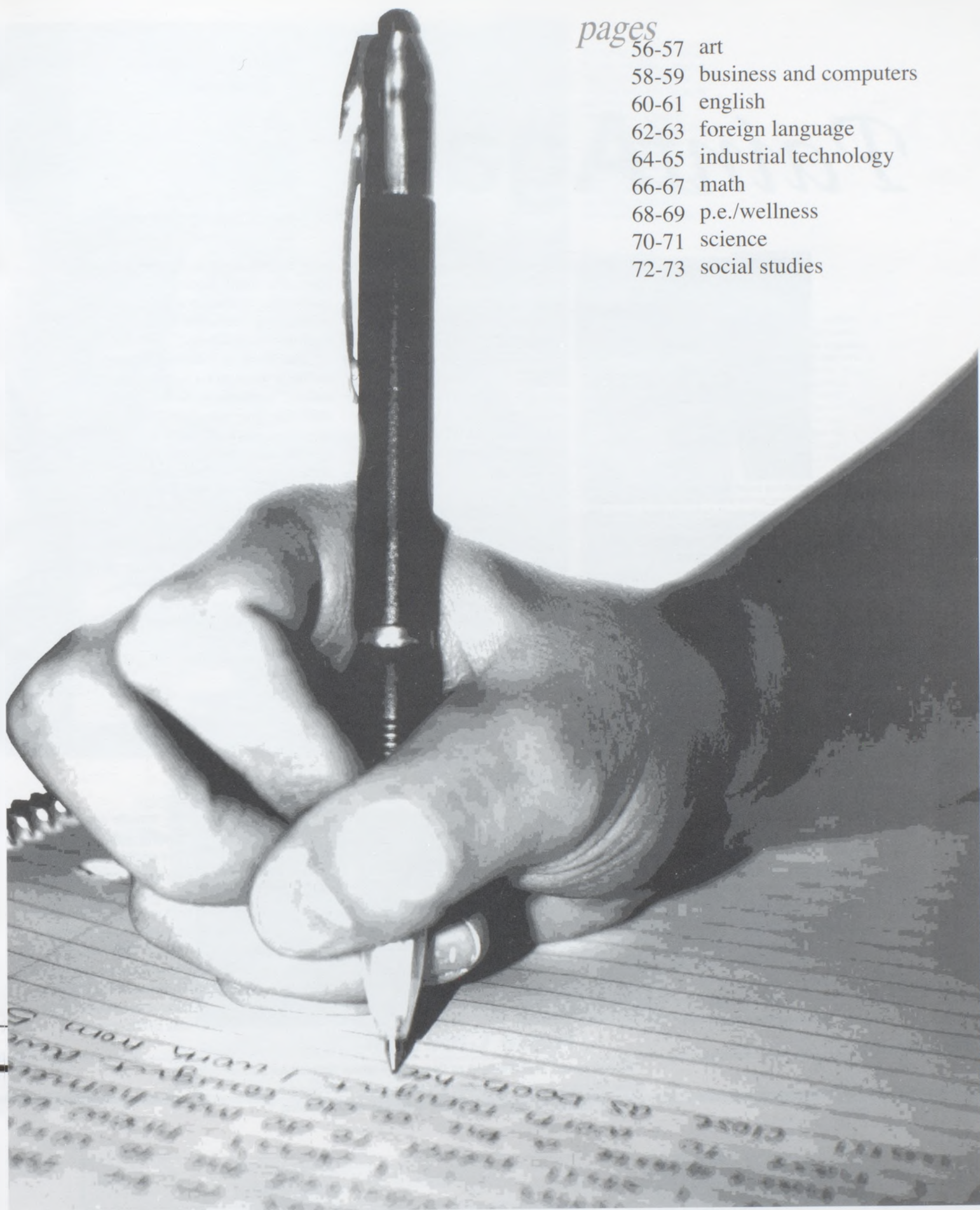
photo by Kristin Boscaljon

see science on pg. 70

academics

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60-61	english
62-63	foreign language
64-65	industrial technology
66-67	math
68-69	p.e./wellness
70-71	science
72-73	social studies



PaintAgain

Painting brought back to class selection

photo by Shaina White



Brushing paint down the paper, sophomore Andrew Jerden uses the art room to work on his assignment before school starts. The project was for his Essentials of Art class, and the assignment was to abstract an object of their choice.

Picasso, Van Gogh and Matisse were all famous painters who students received the chance to study in Painting as a class again. The class was taken out of the curriculum the previous year because of budget cuts and not enough students had signed up to take the class, according to principal Bruce Hukee. The class was offered second semester because enough students signed up for it.

"I'm glad to be teaching Painting again this semester but it should be taken back out, the reason being because the students won't be allowed to oil paint," teacher Daniel Weiss said. "The fumes from oil paint are really strong and since we

have no windows in the art room, the smell stays within the room. Oil painting is a technique of painting that needs to be explored by students."

"I like being in Painting but all we have done so far is research artists," sophomore Kelsey Hyde said. The first task of the semester was to research a specific artist and a time period, then to teach the class about them and the technique the artist had perfected.

"I like Painting. I feel like whenever I take an art class I get to experience the world. Weiss makes you think about what you are doing," senior Carrie Eckermann said. *spread by Shaina Danielle White*

DRAWING

Emily Hurm

she's a sophomore

"The best part of Drawing was being able to draw what you wanted to. We had some guidelines to follow but we still had some freedom to decide what we were drawing. Mrs. (Connie) Raasch wasn't very picky about our drawings if we followed the objectives."



Mike Adam

he's a senior

"My favorite part of Drawing was closing our eyes and drawing what we saw in our heads. We were not allowed to open them until we were done. When you got done it looked nothing like what you thought it was. We had a lot of fun in the class. Overall the whole class was pretty sweet."



Katie Caldwell

she's a junior

"Probably my favorite part of Drawing is when Raasch let us draw all period and not teach a new subject. It allowed me to fully focus on drawing and not listening while drawing."



art

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photo by Shaina White

Studying a picture of a Picasso painting, senior Alex Contino teaches seniors Amanda Rhoads and John Sachs and sophomore Lindsey Mabe about Cubism. The task for students in Painting was to teach the class about the different periods of art history, such as Egyptian paintings or Italian Renaissance paintings.

photo by Shaina White

Picking out a canister and reel, senior Emily Bibler gets the supplies needed to roll her film in the dark room for Photo Art I. "I love having Weiss for a teacher. I have learned more from him than any other teacher or class my whole high school career," Bibler said.

Junior Kelsey Dicken shapes a clay flower for her own personal use. She had taken Clay first semester and came in on her own time to use the clay room. "My favorite part of clay was the wheel. The only thing was that I did my best work when I wasn't in class," Dicken said.

photo by Shaina White

Drawing the sounds coming from the speakers, junior Nathan Wilder sketches the image that is developing in his head. The task for the Essentials of Art students was to draw what the music would look like on paper.

Looking intensely at the overhead screen, senior Niles Bailey listens to Weiss's explanation about how to make contrast between black and white in photos stronger. The technique was to make the F-stop number greater and under-expose or over-expose the negative.

photo by Shaina White

photo by Shaina White

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NumbersRise

Increased interest brings back Accounting II class

photo by Stacie Bendixen



Carefully calculating the numbers on her graphing calculator, senior Ellen Larson works on a problem that took her and everyone else in her class about four days to complete. Larson took Accounting I in hopes of someday owning her own restaurant. "I would have to take the class someday," Larson said.

Students sit down to Tim Brickley's fifth hour Accounting I class unaware of Brickley's planned campaign speech. "How many plan to go into the field of Accounting?" he asks. "Do you plan on taking Accounting II?" "How can you major in Accounting if you don't plan to see the inside of an Accounting II class?" he adds.

"How can you expect to be a business major if you never take basic bookkeeping?" he asked his Video Production students. It was this campaign that pushed more students to schedule Accounting I and II classes.

Accounting II was offered for the first time in five years. It was only taught once each semester with 17 students first semester and 15 students second semester.

Despite the rising numbers,

there was still a lack of interest for students to move on to Accounting II. "It (Accounting II) should only be offered if there is interest, but I think it's worth it to take," senior Amanda Shoeman said. Shoeman planned to go into the Accounting field.

According to Brickley, the majority of students taking Accounting II were seniors who didn't want to schedule a full class load their senior year and Accounting wasn't a top priority. It took Brickley badgering the students to bring numbers up enough to offer it again.

Class sizes remained to be small, but senior Alex Miller believed it was a worthwhile class to offer. "(Accounting II) is a good class to learn how to balance your checkbook," Miller said. *spread by Kiley Dewhurst and Felicia Hoover*

PC VS. MAC

Rodney Wiebers

he's a teacher

"More companies and businesses use PCs than Macs, but Macs offer other benefits that PCs don't. It's good to have students open to both PCs and Macs, so if they're ever in a position to use it they can."



Heather Wendel

she's a sophomore

"PCs are better, because the Macs we use are really bad. They freeze up a lot and then you have to start all over (on what you're working on). The PCs are faster, so it's easier to open and access different parts of the computer. PCs aren't as confusing as Macs."



business/computers

Brooklyn DeSart

she's a junior

"They are all the same kind of computers to me. I don't really care. I have two different classes where I use computers. They all work the same, whether writing short papers for Creative Writing or using them in Advanced Computer Applications."



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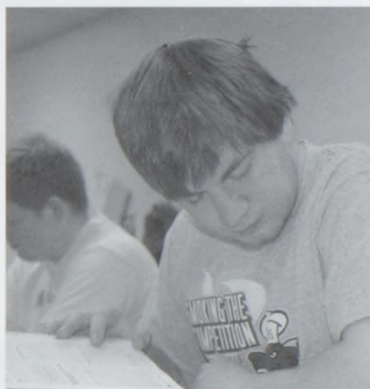
photo by Stacie Bendixen

Working diligently on their budget worksheets, senior Merima Muratovic and Junior Jacob Reiser find out how much money they would spend each week and their profit in a simulation lifestyle. Muratovic enjoyed Co-op Work because "we get double the credit and Mrs. (Jackie) Prehm is a lot of fun."

photo by Matthew Schultz



Silently laughing to himself, sophomore Collin Coughlon constructs a building on his computer during Advanced Computer Applications. In this class the students worked on different projects and made pictures using programs such as Adobe.®



Intensely working on a study sheet, senior John Rippel scans his reading for the answers. Rippel decided to take Law for Business because "I needed more classes." He found this class to be rather fun and easy, but sometimes terribly dull.

photo by Kristin Boscaljon

After selecting a city, Junior Joey Verrant designs its web site for his Web Design class. Verrant enjoyed the class because he liked computers, but his favorite part was the setup of the class itself. "He (teacher Rodney Wiebers) gives you the project and then you just go work on it," Verrant said.

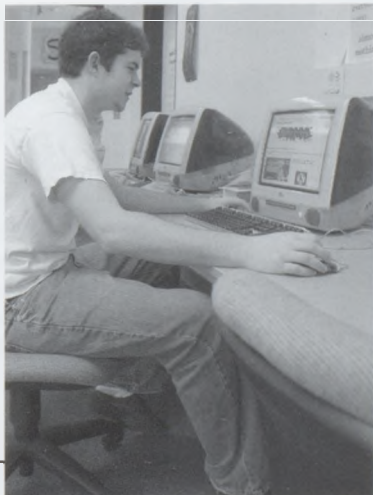


photo by Felicia Hoover

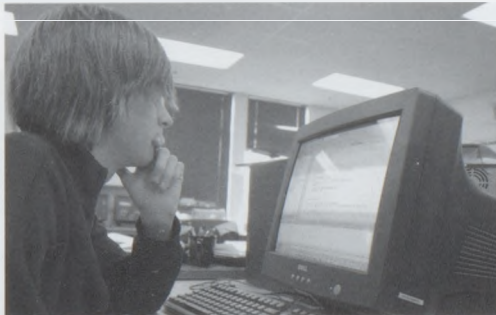


photo by Kiley Dewhurst

Scanning over his project for AP Computer Science, sophomore Nils Berndt makes a few slight adjustments to the program that simulates marine biology. Berndt took the class in order to obtain an AP credit and because he enjoyed the Introductory computer science class.

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Cheating Barred

Students wary of plagiarism due to new anti-copying program

photo by Felicia Hoover



Annoyance written all over his face at the horrors an alarm clock can bring in the depths of the morning, sophomore Nils Berndt lays out the facts of distressing noisy repetition in his pet peeve speech. Talking on Speech class, Berndt said, "I think it's a good class to develop public speaking. It makes me think more about how you speak, not just when you're giving a speech."

Exasperated sighs and furrowed brows signal the stress of students. Some coped; others did not manage their time well enough and ended up copying their paper two minutes before the bell signaled their lowered grade.

English teacher Sarah Wessling said, "My sense is that students generally have a sliding scale in their minds of appropriateness. It's a real slippery slope before copying whole documents. As an overall school I think it's better to have a more defined academic integrity."

Turnitin.com was the ultimate solution to the woes of educators. Once a paper was uploaded into the program, the document was checked against the entire Internet and every

other paper that had been turned in to the site.

Referring to plagiarism, senior Cindy Hunting said, "I've cheated before. I don't think it's right, but *turnitin.com* will help me stay away from the urge to take the easy road. After realizing I had to use *turnitin* I didn't want to cheat because I thought I would get caught."

Punishment was key when cheating occurred. Teacher Ed Walker said, "If I had my ideal world, students would flunk the course and have to retake it because it's very serious. Universities don't allow cheating. The main success of it (*turnitin.com*) is that it sends a message to the students that teachers are serious." *spread by Liz Kirk*

CREATIVE WRITING WEB PAGE

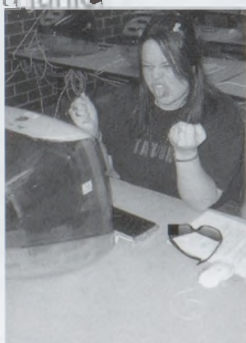
Taylor Bell

Ashley Smith

she's a junior

she's a junior

"I think it sucks that we have to do self-reflections on our web page. I understand that it's a good learning process. Sometimes I just want to keep my eyes closed and think I'm totally wonderful instead of opening them to the reality of human characteristics."



"The web project is an interesting way to utilize your creativity skills, and to learn how to make a web page. Maybe, though, if we used a different engine to allow us more creative options then it would be more enjoyable to do."

Lauren Bumpus

she's a senior

"Mr. (Ed) Walker brings a burst of energy into the class. He makes you want to use your imagination, to explore ideas you never thought you had in you. Even without the (web page) project, it's still a good class that expands your creativity."

english

photo by Beth Aubuchon

Studiously taking down notes, Junior Brianna White absorbs facts on the relationships of Greek and Roman gods as teacher Phyllis Caswell reiterates presented information. The students in Myths and Legends had to study up on a different god or goddess, bringing their main attributes to light and presenting them in front of the classroom.

photo by Liz Kirk

Deep in concentration, sophomore Brianna Upton methodically looks for inventive vocabulary words from a dictionary. Upton's teacher, Leslie Shipp, taught Sophomore English. Upton said, "Shipp is a really good teacher. She has a different way of explaining stuff. She kind of lets you do your own thing, which is cool."

Reviewing note cards and plastering on name tags, seniors Alex Grasso and Erik Holt wait for group member Li Zhen, senior, to conclude setting up their slide show for AP English. The students presented a grant proposal to a board of working adults. Holt said, "I think parts of it (the project) were good. The writing we had to do was very important. Research and speaking in front of people is helpful."

photo by Liz Kirk

Rushing the thought process, Junior Lauryn Tosch proceeds to make up a late paper on a computer in teacher Cheryl Berglund's classroom. Referring to Advanced Composition, Tosch said, "The class is kind of boring because we do a lot of writing that seems like busywork, but it's a good prep for college. You learn how to use proper English in papers."

photo by Felicia Hoover

Playing the director, senior Jake Goedken jovially grabs the sword from bewildered co-star Jeremy Irwin, sophomore. Reminiscing on Drama times, Goedken said, "I kind of starred in it (the fall play). I liked yelling at people. The curriculum was something we weren't used to, but activities made us work as a whole."

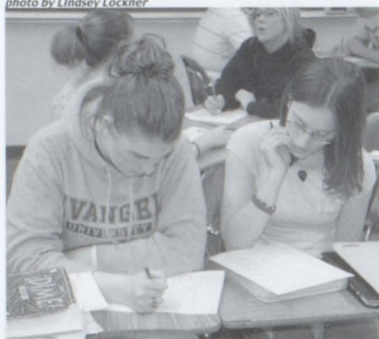
photo by Dani Martinson

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Español Bowl

Pam Barnes decides to create her own Spanish competition

photo by Lindsey Lockner



Coming up with answers for Scattergories®, Juniors Kristin Fortney and Chelsea Wilkes get ready for Barnes's quiz bowl. They would be given any letter and expected to come up with the name of a Spanish city or country, a verb, a person's name, an object and a color.

Who to take to the Spanish III Quiz Bowl was the question on Spanish teacher Pam Barnes's mind. Because more schools wanted to participate, she was limited on who she could take. Should she take the students who had A's, C's, students who had been there before or ones who had never gone? Unsure of what to do, she organized her own competition.

Barnes had been one of the leading board members who ran the Spanish Quiz Bowl for many years, so it wasn't difficult for her to figure out what needed to be done. In the official Quiz Bowl, schools from all over the state were allowed to compete. It had been held at the Drake Olmstead Center, which Barnes decided to keep as location, as

well as all of the same stations.

Sophomore Laura Messerly enjoyed going to the official Quiz Bowl, but could understand why Barnes would want to make her own. "There won't be as much pressure this year, it'll be more relaxed. That may make it less competitive," Messerly said.

According to Barnes, it wouldn't be as competitive because other schools weren't involved. However, this allowed her to be able to be more creative and the teams could have unique team clothing if they wanted to.

Creating her own competition was the answer to Barnes's problems. She had background experience and anyone who wanted to could participate. *spread by Lindsey Lockner*

FRENCH PETITES ANNONCES

Tana Friesth

Derek Merkler

she's a sophomore

he's a senior

"I think it's beneficial because it helps you think about what you're going to say. She (Mary Moermond) usually gives us a starter and then we usually talk about what we did last weekend or what we like. I think it'll help me when I hopefully go back to France."



"I guess they make a class interesting trying to have people say something intelligent in French. It prevents us from sitting in the back of the class and saying nothing. It helps with our grades too."

foreign language

Calvin Vernon

he's a junior

"It's really good. It (Petites Annonces) makes you think of a sentence and she (Mary Moermond) makes you pronounce it right. We are supposed to do three a week (in French III) and it's easy points."



photo by Lindsey Lockner



Junior Lauren Harvey and senior Anellse Cardoso pick their food from the menu they made in their Spanish IV class. Junior Beth Hanigan, the waitress, helped to create the menu for their restaurant called Un Poco de Todo (A Little Bit of Everything). The theme for each menu was different.

photo by Lindsey Lockner



Delivering their dialogue in front of the class, sophomores Emeri Sams and Josh Merritt and Junior Kelly Albrecht talk about a topic they were given by teacher Mary Moermond in French II. According to Sams, she really liked to do dialogues because she could read and write French, but she had trouble listening to it. Doing dialogues helped Sams to perfect her listening skills.



Rapping on the phone to Junior Stacy Syroka, sophomore Ashley Bedord wears a wig, glasses and a stuffed bra that fit the character in her Spanish III dialogue. At the last minute Syroka and Bedord changed their skit from the traditional speaking to a rap, with Syroka doing a beat box in the background.

photo by Lindsey Lockner

Racing to get the correct answer on the board, Junior Tim Gannon plays a game to help him expand his vocabulary in French II. French teacher Kristen Chipps would say a word in English and Gannon would have to translate it the fastest. "(Sophomore) Tommy (Stroud) beat me pretty bad because he's quicker and I'm not very good," Gannon said. Although Stroud beat him a lot, Gannon was able to translate the word "drums" the fastest.



photo by Alicia Corron



photo by Alicia Corron

In AP French, senior Ashley Raes recites a passage from the book *L'enfant noir* by Camara Laye. It was about a boy leaving his home in Africa to go to school. Raes liked the part she read aloud because it was similar to what she would be dealing with when she went to college the following year.

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OneTask

Students' hard work pays off as they build shed for P.E. teacher

photo by Alicia Corran



Being careful not to mess up his work, sophomore Ryan Burrow works on P.E. teacher Dave Beason's shed in Construction Technology. Students in Construction Technology had the chance to build a shed and to see if they wanted to pursue a career as a builder when they got older.

"This year's project is like nothing we have ever done before, our biggest project yet," Construction Technology teacher Ryan Mayer said. The Construction Technology class took on the task of building an 18 by 25 foot shed.

Physical Education teacher Dave Beason had requested that the class build him a shed at the beginning of the year. Beason would provide all the necessary supplies to build it. "I knew that this would be a big project to undertake, but this would be a great chance for the students to learn all about construction technology," Mayer said.

The students were able to learn all about construction technology by doing various

tasks while working on the shed such as roofing, siding, and sheeting. "I learned a lot this year. I really think that building the shed this year gave me the chance to do a lot of hands-on construction," junior Trevor Pullen said.

The shed was completed on schedule and delivered to Beason's house. "This is what I really wanted. They did some quality work on it," Beason said. He planned to use it for supplies, tools, storage and a second home.

"This year's class showed me that there is no job too big for devoted and talented students," Mayer said. *spread by Evan Stone and Nate Gonner*

SAFETY GOGGLES

Chris Jespersen

he's a junior

"I don't like wearing the safety goggles. I think that they are pointless and uncomfortable. I can't remember a time in the shop where my eyes were in a dangerous situation where I would need protection. Nothing has ever hit my goggles while in the shop."



Tom Bailey

he's a senior

"I like my safety goggles. They keep my eyes safe. I wear contacts and they absorb a lot of stuff in the atmosphere, specifically sawdust, so they protect my eyes from drying out and damaging them."



industrial technology

Abbie Symonds

she's a sophomore

"Safety goggles aren't bad. They are good when you are using the router because they keep wood chips and smoke out of your eyes."



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photo by Aaron Simpson

Being very careful of the details, sophomore Kelsey Kovacevich works on her entertainment center in Carpentry I. "I like working in Carpentry because I work with my dad in the shop and the class is more hands-on," Kovacevich said.

photo by Evan Stone

With his knowledge of engines, teacher Ryan Mayer shows senior Zach Barber how to fix a problem with his four-cylinder engine in Small Engines. After they were done reassembling their engine, the students got the chance to see if they could get their engine to run or not.

Putting the finishing touches on his project, sophomore Nate Nuzum works on his wooden stool in Carpentry II. "I kind of needed a work stool, so I decided to build one in Carpentry class," Nuzum said.

photo by Nate Gonner

Sophomore Chris Leslie carefully works on sanding his piece of metal for his derby car in Sheet Metals. "I feel comfortable in Sheet Metals class because it is something I like to do. I do it outside of school too. I helped my dad with projects such as fixing cars," Leslie said.

Concentrating on her housing plans, sophomore Emily O'Keefe works hard on her project in Architectural Drafting. "I like the class because it is different and I think I might want to do it for a career," O'Keefe said.

photo by Andy Pullen

photo by Evan Stone

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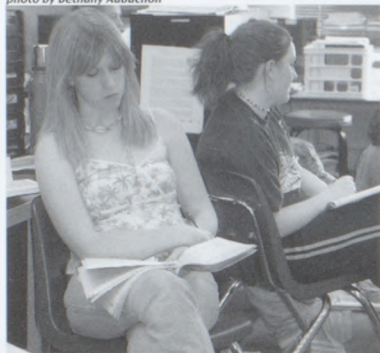
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65

ACT Prep

Math department provides free sessions to help students prepare for ACT

photo by Bethany Aubuchon



Juniors Kelly Albrecht and Beth Hanigan take notes during their ACT review session. The girls spent an hour after school with other students reviewing materials that would be covered on the ACT. The students were scheduled to take the ACT on April 9.

The ACT math test consisted of 60 minutes to do 60 math problems. For some juniors and seniors, not understanding what materials to study was the cause of lower scores on the ACT. There were classes you could take to help you study, but they cost money. However, in the math portion, students were able to get free assistance from the school.

The math department put together a program with three study sessions the week before students were scheduled to take the test. Each teacher took turns leading the classes, which were held after school for an hour.

Feedback from students who took the fall ACT and attended the study sessions said that it was helpful in remembering formulas and other information.

After taking the class and test in the fall, junior Taylor Vestal said, "It

helped me remember the equations I needed." Vestal got her highest score on the math section.

Junior Rebekah Casciato, who attended the spring session, said, "I needed a math review because I couldn't remember how to do certain formulas. It basically helped exercise math buttons I hadn't pushed in a while."

After senior Brock Brones had taken the ACT twice, he decided that taking the spring prep session would help him out. "I didn't like my score I got before I took the class," he said.

According to teacher Vickie Borich, in the spring ACT prep sessions 32 students participated and most found it very resourceful. This was the highest recorded number of participants. Borich said, "The prep sessions are as good as a student wants to make it. They can use it to prepare for the test." *spread by Beth Aubuchon*

GRAPHING CALCULATORS

Jenny Kreashko

she's a junior

"Frustration. That's the only word I can think of when I think of talking about calculators and math. It does not matter who the teacher is because it seems like all the teachers use the TI89 which are newer and more expensive; therefore I was stuck trying to figure it out on my own."



Trevor Baker

he's a sophomore

"I like them (calculators). I play a bunch of different games all the time on them, so they give me something to do during my classes. The math teachers and other teachers never teach me anything new so I get really bored."



Michelle Ackelson

she's a senior

"Math can be so confusing at times, mostly when it comes to graphing calculators. To tell you the truth, I really don't care what kind (of calculator) I use or the math teacher uses."

math



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photo by Stacie Bendixen

Measuring the height of the handicap ramp outside the cafeteria, sophomore Justin Krull works in Stephanie Groothouse's Algebra I class. Krull was checking the slope of the ramp to make sure it was up to code. All of the ramps that were checked had the required slope.

photo by Rebekka Broeker

During his Consumer Math class, Junior Joe Van Sickle does his work, unlike the other students in his class because there was a substitute. According to Van Sickle, nobody wanted to do any of the packets that were assigned to be worked on every day with help from teacher Brian Reece.

Junior Andy Goers works on a project for Pre-Calculus in Vickie Borich's class. The project was called the Rolling Stone and was used to try to find exponential and logarithmic regressions. They rolled different sized balls down a ramp to see if the size would affect how far they went.

photo by Alicia Corron

Asking how to do a problem from a worksheet on imaginary numbers, sophomore Nicole Davis gets help from a fellow classmate, sophomore Ryan Dickey. That day Adam Retzlaff's seventh hour Algebra II class had a substitute so they had to rely on each other if they didn't understand a problem.

Teacher Rich Gradoville explains to sophomore Topher Riddle the rules of exponents. The Extended Algebra I class was correcting the homework they had done the night before. Riddle often wore a sweatshirt that said "Impulse control" on the back, and it became a joke with the class. "Riddle shows great impulse control as he focuses in on math," Gradoville said.

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Lovin' Yoga

Yoga, taeko and pilates coincide with desk work, counting calories and figuring body mass index

photo by Alicia Corron



Senior Kayla Lewis stretches her hand over her head, working out to a taeko video during Personal Wellness. According to Lewis, she enjoyed taeko, but it wasn't her first pick. "My favorite is pilates. I think it is a good mix of working different muscles and toning," Lewis said.

Instead of push-ups, sit-ups and the regular three-minute jog, P.E. teacher Deb Nicholson got the Personal Wellness class warmed up by participating in blob tag, a version of tag in which the game carried on until the whole class was "it." A revamping of the Personal Wellness curriculum created the highest class participation in school history with 18 girls and three boys.

The class differed from the regular P.E. course, according to Nicholson. Instead of partaking in competitive games, the class focused on "personal wellness." It concentrated on individual health and basic body fitness.

According to Nicholson, with the elimination of the competitive atmosphere, girls adapted to be more interested in the class.

"Males tend to like competitive games, like P.E. offers. Girls are not as competitive and enjoy different activities that Personal Wellness offers," Nicholson said.

Sophomore Whitney Wall wanted a choice when it came to activities in P.E. "You can weight lift, jog or sometimes do yoga. I'm actually participating in the activities where as with P.E., I would try my hardest not to participate. There is more freedom and choices," Wall said.

Besides the mellow workout setting, the class took two days out of the week to do classroom work.

"Personal Wellness is all about making your life and health better. You dress out (on workout days) because you want to. Personal Wellness is more about individual goals," junior Jenny Kreashko said. spread by Alicia Corron

INSECURE LOCKERS

he's a senior
Zach Swoyer

"I had a credit card and \$50 stolen one time sophomore year. I was pretty mad until I got my stuff back. The kid actually went to jail; they used the credit card at a gas station. Now, I use two small lockers to fit all my stuff. I don't know why they have the others (big lockers); you can just tear into them."



he's a sophomore
Taylor Egly

"I got my basketball game shorts stolen. The coach made a varsity player give me shorts to play a sophomore basketball game. They got stolen from one of the large lockers. After that, I switched to a smaller one. I really wasn't upset. (There were no problems) after I switched."



he's a junior
Alex Kron

"I have a half-size locker in the varsity locker room. I know of people who have gotten items stolen from the large lockers. They were upset; the school doesn't do anything about it. They just post signs saying the lockers are not secure. I won't use the large lockers."



p.e./wellness

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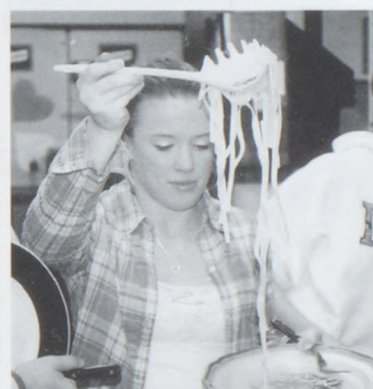
photo by Alicia Corron

Carefully pulling the knife across the pizza, teacher Ruth Hamilton cuts the entree as sophomores Josh Gowdy and Joel Rydberg patiently await their piece to be served to them during Culinary Arts I. One pizza the groups made was a "white pizza" in which they used a parmesan cheese sauce instead of the regular pizza sauce. The other two pizzas were traditional.

photo by Dani Martinson



About to set the ball up into the air, junior Tiffany Wendel, decked out in spandex shorts, makes a pass to one of her fellow teammates. Wendel, along with three other girls, juniors Allie Norellus, Abby Green and Dani Martinson, decided to have a "spandex Friday" on which they wore spandex pants and shorts for their P.E. class period.



Scooping up the alfredo pasta from the pot, senior Jenny Carl looks forward to eating the meal she cooked up in Culinary Arts II. The class prepared pasta dishes during their grain unit. Not only did they make food for their own personal enjoyment, the Culinary Arts classes were also in charge of food and refreshments during conferences for parents to enjoy.

photo by Evan Stone

Extracting the badminton racket as he prepares to play, sophomore Scott Byrd selectively picks one with few defects. According to teacher Dave Beason, the P.E. department had to replace the rackets each year because of the amount of wear and tear they got during the unit.

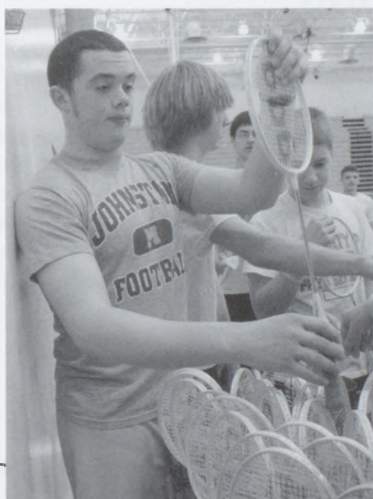


photo by Alicia Corron



photo by Alicia Corron

Desperately trying to situate his skis, junior Zach Emmerson attempts to stand up after a session of cross country skiing in his Outdoor Pursuits class. According to Emmerson, even though his preferred ride was a snowboard, he felt that skiing was pretty simple. "It was actually pretty easy (to ski). It was the first time I fell all day and the first time I stepped in skis," Emmerson said.

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DNA Technology

AP Biology students search for obscure gene at university lab

photo by Xian Zhang



Participating in a polymerase chain reaction (PCR) lab at the Iowa State University Biotechnology Department, senior Jason Graham slowly drops samples of his DNA into a tube. The students first spit into a cup to collect their DNA, then followed procedures in order to see if they had the alu gene.

An invitation from the Iowa State University Office of Biotechnology allowed all the AP Biology students a chance to use their own DNA in order to test it for the alu gene, a little-known gene with no apparent purpose that only some people have.

"(The lab) complemented some of the labs we had previously done in class," teacher Pam Brown said. "It also gave the students additional experience in DNA technology."

The preparation for the polymerase chain reaction (PCR) lab took three hours. According to Brown, the process started by spitting in a cup. "It made it unique because the students were able to use their own DNA," Brown said.

Once the students finished the

last step, which involved staining the electrophoresis gel with ethidium bromide, the DNA was left at the Iowa State lab overnight so the procedure could be finished. The results were then sent back to the students so they could examine them.

According to junior Xian Zhang, her DNA results showed that she did have the alu gene they were searching for during class.

"(The lab) helped me understand everything more because you are actually doing it, instead of just reading it in a book," Zhang said.

"We wouldn't be able to afford equipment for that lab at a high school," Brown said. "It was a very good field trip." *spread by Chelsea Smith*

DISSECTING

she's a senior
Jessica Hill

"We really shouldn't dissect animals in high school. To me, you can learn a lot from it, but it's just not right because if you want to learn about that stuff then you can do that in college. They have buckets full of dead animals and it's...wrong. I feel bad for them, but I do understand why we do it. We have learned a lot by (dissecting)."



he's a sophomore
Dane Seaberg

"Dissecting was fun because you get to cut stuff apart. It was interesting to see the inside of the frog. Also, it was cool because sometimes the heart would still be pumping."



she's a junior
Kaylee Richter

"I don't really like dissecting animals. It's not necessarily wrong, just some parts of it gross me out. But you can learn a lot from it. You learn more about how complicated the body is."



science

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Frame Works

photo by Chelsea Smith

Trying to find the acceleration of a record player during Conceptual Physics, Juniors Jenna Hukee and Stephanie Bower untangle the wire so they can continue the lab. "It was an easy lab but it took forever because there were so many steps," Bower said.

photo by Alicia Corran

Junior Megan Danielson quickly stirs sodium hydroxide and lard together in order to produce soap in her General Chemistry class. "I thought it was a good lab," Danielson said. "Our group struggled a little bit with mixing the chemicals so we had to stay after."

Finishing up a lab in AP Chemistry, senior Mike Ettreim fills out a report about the procedure. According to Ettreim, the class was very challenging and helped prepare him for his chemistry major in college. He was interested in pursuing a career in pharmacy.

photo by K. Boscaljon

Instructing his Biology class, science teacher John Harris goes over information from the biological molecules chapter. In the lesson, Harris gave his class background knowledge about key molecules living things need. "This establishes a foundation for Biology," Harris said.

Juniors Chelsea Connolly and Steven Rood try turning a penny to gold during a Chemistry lab. "It was cool because we got free pennies," Connolly said, "and we got to make them different colors."

photo by Lindsey Lockner

academics

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Sharing Insights

Unique teaching style has students talking to teachers

photo by Matthew Schultz



Sophomore Dawn Wilkens explains what she thinks are the highlights of the Industrial Revolution to speech teacher Marilyn Middleton. "I'd rather talk to teachers about the things we learn because it only takes 15 minutes, rather than a paper that takes one to two hours," Wilkens said.

Teacher Jason Jauron wanted to motivate his students to do well on assignments. Jauron thought a great way would be to combine his goal with the number one fear of human beings: public speaking. Jauron required his students to talk to other students, parents, faculty and citizens in the community about the information they learned in their textbooks. Some students may have thought his teaching style to be different, but Jauron didn't think so. "It's my first year here and I don't know how other teachers teach. All teachers have a unique style of teaching. You just have to figure out the techniques that work," Jauron said.

Students also felt the same way about his teaching style. Sophomore Hannah Wagner, a student in Jauron's Accelerated

World Studies class, said, "It's fun being able to inform teachers about subjects they aren't familiar with. We have to actually pay attention so that we have some sort of idea of what we're talking to them about." Sophomore Drew Ness, another student in Accelerated World Studies, also liked the unique teaching style. "I like this teaching style because you get to know the teachers better and it beats writing another paper," Ness said.

There were several benefits of this assignment. "Students not only learn the material better, but learn interpersonal people skills and the responsibility factor," Jauron said. "In the end, I just want students to have some sort of idea of what they are talking about when they make opinions about current events." *spread by Matthew Schultz*

SWITCHING TEACHERS

she's a senior
Kelly Sheeder

"I thought it would have been nice if someone would have told us before Mr. (Jerry) Stratton would be changing positions (from Government teacher to administrator). I heard that he might through the grapevine, but faculty only told us a couple days in advance. After that it was pretty much a rush to get the new teacher you wanted."



he's a senior
Russ Wiskirchen

"I didn't really care that Mr. Stratton went on to an administrative position and I had to be put in a different Government class. I think that his new position better suits him because he already knows most of the seniors, knows how to deal with them and knows what students go through since he was already a teacher."



Pat Hennes
he's a teacher

"I don't think that class sizes are any more crowded than when we had three teachers teaching Government. I was going to teach Government anyways, I just have five sections instead of the original two."

social studies

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photo by Matthew Schultz

Juniors Anna McCullough and Andrea Malloy carefully tie a shoe while blindfolded during the right-brain, left-brain activities in Psychology. "Honestly, I liked the one where we were blindfolded and had to tie a shoe left-handed. It was the one Andrea and I were actually good at," McCullough said.

photo by Kristin Boscaljon

Junior Missy Deer listens as teacher Kelly Coleman leads a discussion in Social Problems. This was the first year students were required to do a service learning project instead of taking a traditional written final exam. Students had to volunteer for five hours for a nonprofit organization that was attempting to address a social problem.

Sophomore Cassidy Williams offers a German pancake to senior Merima Muratovic as part of her culture presentation in Sociology. Students were required to pick a culture and give a five-to ten-minute presentation in class. "I chose Germany because I'm going there this summer," Williams said.

photo by Matthew Schultz

Sophomore Casey Frisk constructs a "Roman Republic to Empire" timeline in Classical Civilizations, as his class instructs him what to write. The timeline took several days to complete and was used as a visual study tool for the Renaissance exam.

Junior Abby Lewton takes notes as teacher Audrey Bell explains a World War II PowerPoint presentation in U.S. History. "I like Ms. Bell a lot because you are able to connect with her not only as a teacher, but as a friend," Lewton said.

photo by Alicia Lerner

academics

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73

redefine your stance...

After sitting in desks all day, we needed a chance to release some energy. This is where organizations came in. They were the outlets through which we expressed our passions. Whether it was in a mock courtroom, under the bright lights of the stage or in a hectic journalism lab, we showed what we were made of by the activities we chose to be a part of. Our stances were continually reshaped and redefined as we moved through our time together, and an abundance of groups reflected our diverse interests and opinions.

In addition to the restructuring that was necessary to accommodate the missing freshmen, a number of other fresh factors contributed to our redefinition. With no ninth graders, the band was combined into one concert ensemble for the first time in years. After bringing a new choreographer on board, Innovation spiced up its show choir repertoire as it experimented with a brand-new performance style. In order to better serve, the student council began meeting as a class, and faced one roadblock after another during its first year of trying to implement an intramurals program. Read more about these organizations, along with many others, that followed the school-wide trend of redefinition; their intriguing stories begin on the next page, in alphabetical order.

Performing to the song "Going Back to Miami," sophomore Nick Scholten reaches toward his audience. It was Scholten's first year in Synergy. "I've been in choir since middle school, and I thought it would be fun to join show choir," he said. "I didn't end up liking it, so I'm not going to be in it next year."



photo by Felicia Hoover

see choir on pg. 80

Adjusting the tripod, senior Tyler Swett films a shot for the announcements. Swett, along with the rest of the seniors in fifth hour Video Production, went outside to film their final episode of the announcements. Each senior read an announcement aloud while standing in a unique location.



photo by Kristin Boscaljon

see video production on pg. 94

Sophomore Traci Gwinn takes a gleeful ride on the hang glider at Dewey Park. Gwinn, a newspaper staff writer, was attending the end of the year journalism banquet at the park. Those attending the banquet had time to play on the playground between eating and the awards ceremony.



photo by Kristin Boscaljon

see newspaper on pg. 84

organizations



pages

76-77	band
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90-91	sail
92-93	student council
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98-105	group shots



Performing a solo along with the rest of the Jazz Ensemble at the Hoover Jazz Festival, senior Tim Sanders plays his saxophone in a song called "Then and Now." Sanders made All-State Jazz Band through a blind audition. According to director Patrick Kearney, after they recorded Sanders's songs on tape, they sealed it up with his resume. Upon receiving the package, the judges strictly listened to the tape without looking at the resume to ensure that they didn't know who they were listening to.

Sophomore Angela Schaefer, freshman Jennifer Miao and senior Ellen Larson put the mallet to the metal as they provide marimba accompaniment for *Riverdance*. Larson, normally a flute player, had joined the pit for the first time. "I hated marching," she said. "(The directors) knew that, and I complained so much every year that I just got inducted into the pit."



OPPOSITE THE BLUES.

Unanticipated news blows Sanders away

Through his tight schedule, hours of endless practice, and summer and private lessons, senior Tim Sanders's hard work finally paid off.

According to Sanders, he never imagined that by the end of his high school years, he would end up as the lead tenor saxophonist in the selective All-State Jazz Band. "He was the first player from Johnston to ever make it," band director Patrick Kearney said.

Before he could win his spot in the band, Sanders first had to try out. Encouraged by his parents and private instructors, he asked Kearney for the packet of music required for the recorded audition. "The pieces were mostly jazz and blues. There were also tone and rhythm changes as well as scales," Sanders said. After learning the music, Sanders and Kearney sat down one Saturday morning to tape it all. One month later, Sanders received the good news. He found out that he had won one of the two spots. "I wasn't expecting anything. I hadn't practiced as much as I could have," he said. "I had not heard anything after three weeks so I assumed I didn't get a spot. The next week, I learned that I had received the top spot."

Not only did Sanders shock himself, but he amazed his fellow band members as well. According to senior Katie Battani, Sanders surprised a lot of people. "If he expected (a spot in the band) then he never mentioned it," Battani said.

According to Sanders, the elite ensemble of 20 players played only once during the Iowa Bandmasters Conference, held in May at the Hotel Fort Des Moines, but the adventure was well worth it. Sanders felt the effects of playing would last forever. "It should help me on resumes for college and getting scholarships," he said. "The experience has taught me to keep going and work for what you want." *spread by Stacie Bendixen and Rebekka Broeker*

band group shots found on pages 100, 101, 105

photo by Stacie Bendixen

photo by Andy Pullen



photo by Kristin Boscaljon



Taking a breath between notes at the SCIBA Concert Band Festival, sophomore Ryan Dickey plays his French horn as senior Alex Grasso watches the conductor. The two were part of the Wind Ensemble, the band department's most select group. It was made up of the top players of each section, allowing for ideal instrumentation.



Focused on the music, sophomores Erin Ballard and Kathryn Huen play their clarinets at the winter Masterworks concert. Ballard felt there were certain advantages to her chosen instrument. "There's a lot of people (in the clarinet section), so you're not alone on parts," she said.

Senior Ryan Olson dons on his sweater, coat and gloves to ensure that the football halftime show will go on. "It was really, really cold that night," Olson said. "Especially the wind; it carries the sound."



photo by Amanda Kennedy

photo by Andy Pullen



photo by Rebekka Broeker

In the midst of a cymbal crash, junior Nick Schumacher performs in his cowboy hat. According to Schumacher, members of the drumline found the hats in the band room and decided to wear them at the last football game "just for fun."

How did you feel about the combination of the bands?



combined
Question?
pueq
question band question

"I think there are both pros and cons of having one band. You get to experience both conductors instead of just one, but there are way more people in one room so it is crowded. Although, we do sound better because there are more of us. Overall I think that it is a good change."

□ danielle larimer, junior

organizations

Senior Amanda Cook collects money for the Best Buddies 50/50 raffle tickets that were sold at the Jan. 26 Special Olympics basketball game. Half of the profit was given to the winner and the other half to Best Buddies. The Best Buddies faculty adviser, Susan McCravy, happened to be the winner and donated her half of the winnings to the organization.

photo by Lindsey Lockner



Senior Nick Jespersen cheers the Johnston Special Olympics basketball team on to a big win. The team won all five of their season games and brought home second place from the state tournament.

Grinning ear to ear, 2003 graduate Ryan Bole holds his sign supporting Clay Aiken high in the night sky.

Bole, senior Amanda Cook, and sophomore Zach Hansen attended Aiken's concert in August at the Iowa State Fair, thanks to the generosity of the Bubel-Aiken foundation, who donated over 25 tickets to the Best Buddies of Iowa.



photo provided by Amanda Cook



photo by Lindsey Lockner

Junior Jake Tyler walks off the field with his head held high after throwing the first pitch of the Aug. 14 Iowa Cubs game. The Johnston chapter got to select one member to throw the opening pitch because it had the most people attend the game. Tyler was chosen because his peer buddy was not there and his friends thought he would enjoy returning with an exciting story to tell.

photo by Kristin Boscaljon

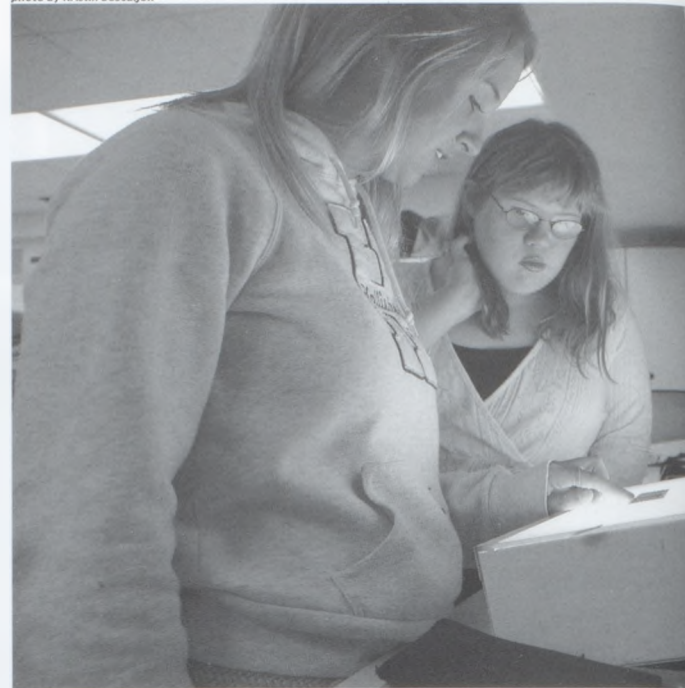


photo by provided by Amanda Cook

Why should students join Best Buddies?

"It's a great organization. People with special needs greatly benefit from the new friendships they make. I originally joined for our Government service project because my mom is a special needs teacher, so I have been around kids with special needs and it sounded like a good idea. Now I feel more comfortable around them and realized they aren't much different than me and my friends."

□ jeff townsend, senior



best buddies group that found on page 100

Question?
question join question

Senior Lindsay Parry helps senior Emily White choose pictures to develop in their Photo Art II class. Parry and White had been buddies the previous year and stayed close friends even though they were not paired as buddies again.

Freshman Nik Cook grabs a handful of chips as he goes through the line of snacks at the Rock the Friendships party, held on April 3. The snacks were paid for by donations from businesses throughout the community. The donations also covered expenses for sound, lighting and raffle prizes.

GENEROSITY.

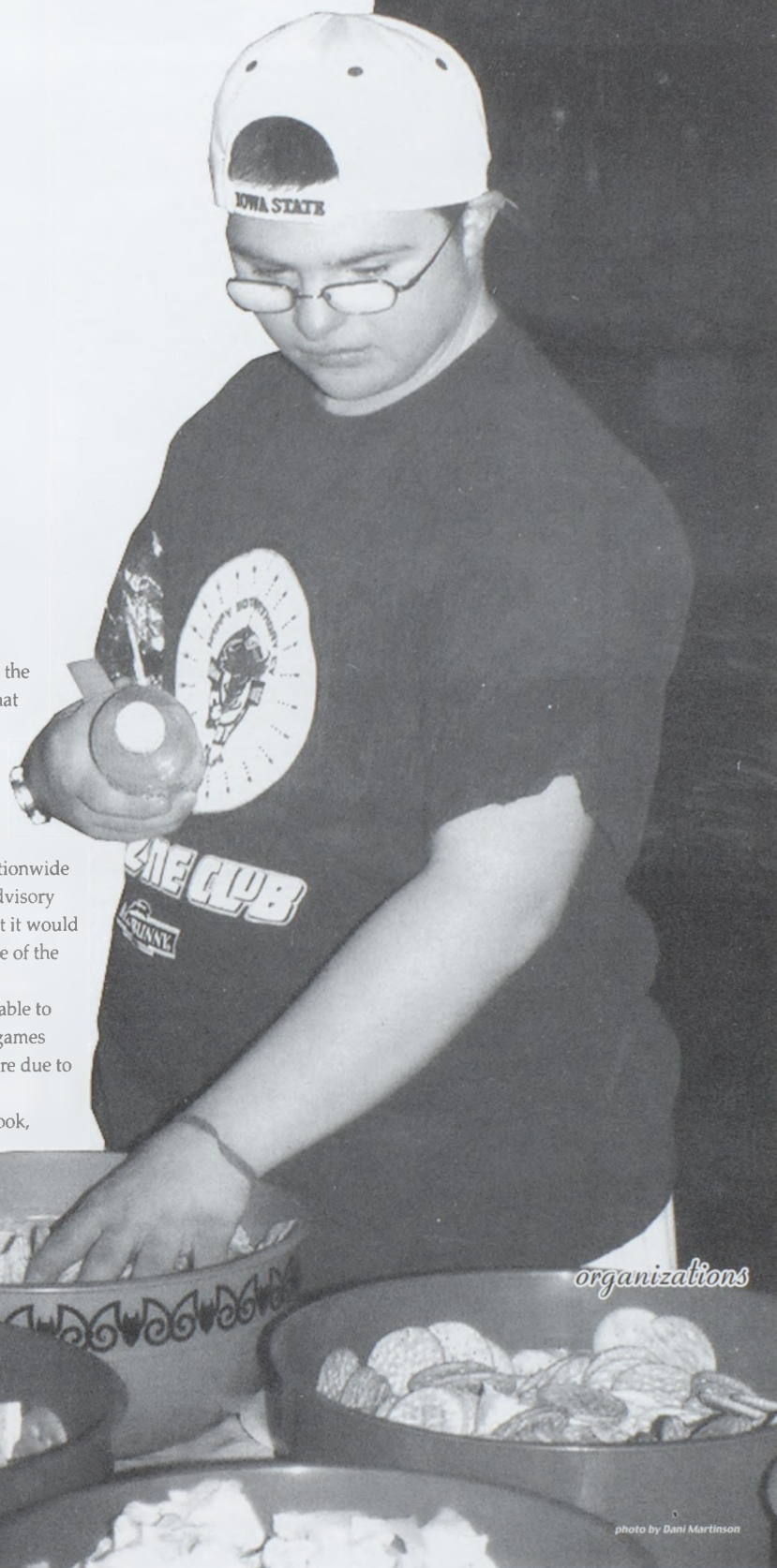
Donation from business saves annual party

When senior Amanda Cook and three girls from Hoover gathered to plan the Best Buddies end of the year Rock the Friendships party, they discovered that there was not enough money to fund the event. The organization had set aside \$500 to rent the Val Air Ballroom. A change in management caused the price of rental to go up to an unaffordable amount. The committee thought they were going to have to do additional fund-raising on top of the rest of the party planning, until they were saved by a \$1,000 donation.

The donation came from the president and Chief Operating Officer of Nationwide Agribusiness, Mike Ekiss. Ekiss was a member of the Iowa Best Buddies Advisory Board and, according to Ekiss, when he heard about the setback, he thought it would be a great opportunity for his company to support what he thought was one of the more important community activities.

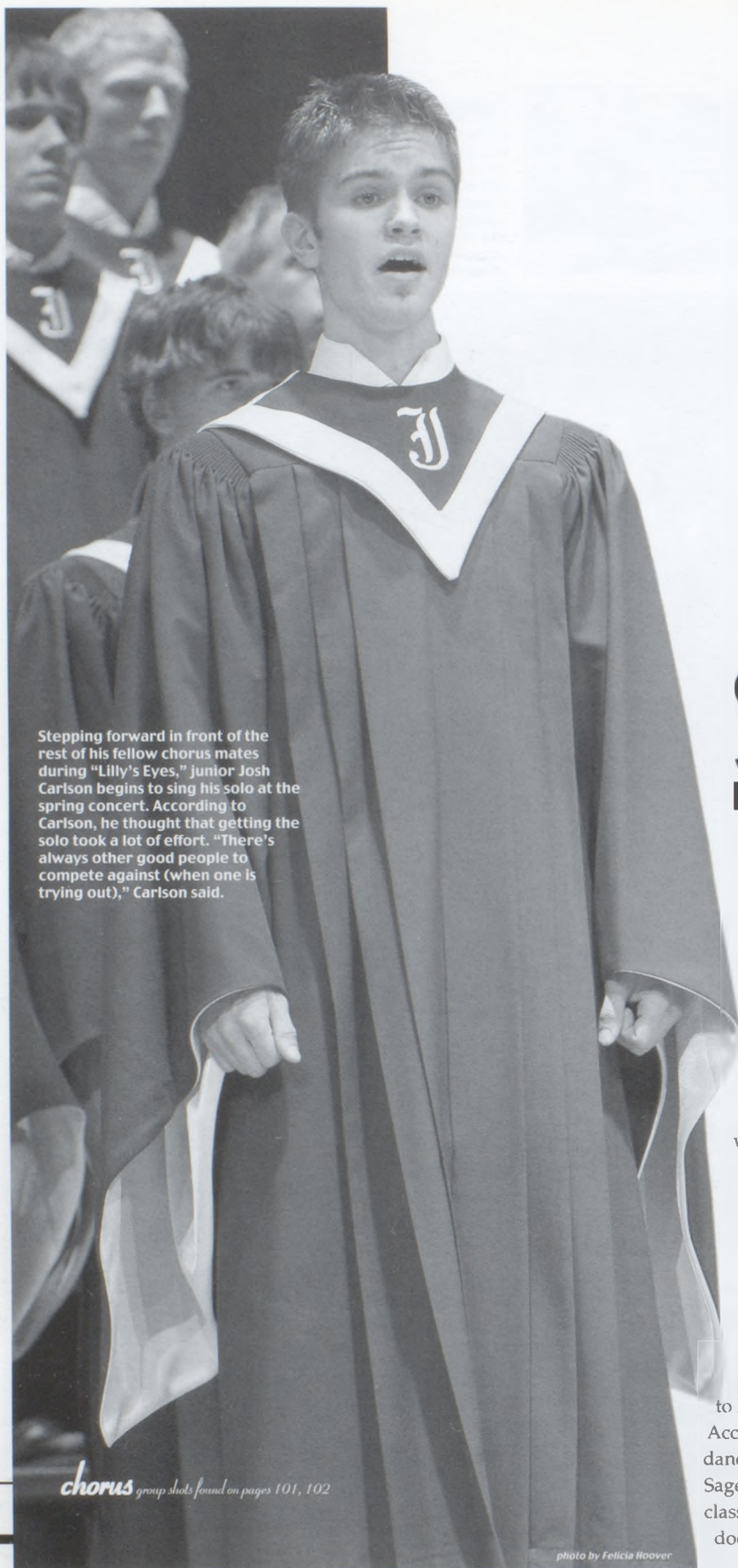
After overcoming the price increase, the members of the committee were able to continue their planning. They had a couple smaller problems, like finding games and bands to play at the party, but Cook stated that these complications were due to bad communication and were eventually surpassed.

Finally the day everyone was waiting for had arrived and according to Cook, everything went well. The bands, ZPS and Beside Nothing, rocked out while buddies participated in face painting, air hockey, dancing, cake walks and other prize-winning games. "It was fun meeting with all the other schools," junior Nicole Jansen said. "I worked at the golf station, so I got to meet a lot of people. The bands were really good and got everyone dancing." *spread by Dani Martinson*



organizations

photo by Dani Martinson

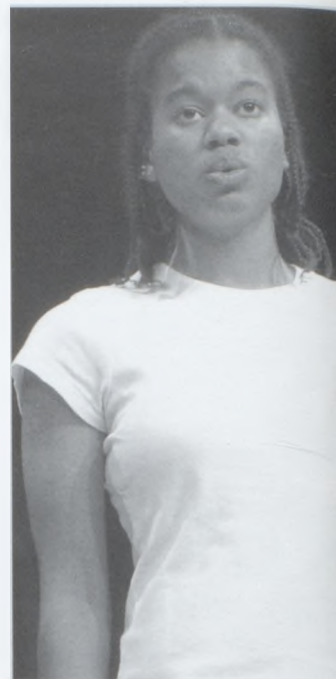


Stepping forward in front of the rest of his fellow chorus mates during "Lilly's Eyes," junior Josh Carlson begins to sing his solo at the spring concert. According to Carlson, he thought that getting the solo took a lot of effort. "There's always other good people to compete against (when one is trying out)," Carlson said.

chorus group shots found on pages 101, 102

photo by Felicia Hoover

Momentarily removing their robes for a long-practiced trio, sophomore Emerl Sams and senior Erin Sams satisfy their fans with "Come at Dawn My Beloved." The two sisters sang together with their younger sister Ellie, freshman, at solo and ensemble contest, where they received a 1 rating, the best possible rating. "I enjoyed it even though I was sort of pushed into it (singing) at a busy time of year," Emerl said.



STYLE.

New choreographer contributes new customs

Singing was only half of what show choir really was. The other half that separated it from everyday chorus was the dancing and choreography. Therefore, every good show choir needed a good choreographer, which is just what Innovation received, according to director Jody White. Along with the new choreographer came a sense of suspense and a lot of hard work to be done.

After the previous year's choreographer, Andy Haines, retired from Innovation, White set out to find a replacement and came across Randy Sage. Having just graduated from college, Sage was starting his career and was very committed, according to White. "I was looking for someone who was innovative and cut of the edge, not just run of the mill," White said. Innovation was Sage's first group to work with and teach.

Sage brought a rock/pop style to Innovation, which they never had before. According to senior Justine Blanchard, the new style wasn't hard to catch on to, but brought many concerns of whether or not it would be accepted. "It (the new choreography) hurt us in competition because it was a different style and people weren't ready for it," Blanchard said.

While Blanchard thought the new dancing hurt Innovation, senior John Jacobsen said, "The new choreography went more with the show and the fresh, new music. The other choreography wouldn't have been able to hack it."

According to Jacobsen, the old choreography had been more ballroom type dancing, and the new choreography was just feeling the music. Also, with Sage it was more armography and not as much footwork as opposed to the classical straight arms and angles. Blanchard felt that they had opened the doors for other show choirs to do something new. *spread by Felicia Hoover*



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photo by Felicia Hoover



photo by Felicia Hoover



Facing each other, seniors Lauren Butterwick and Meredith Cronin perform for their friends and family. They sang "Wisdom and Understanding" and "Sweet Day" with senior Whitney Warne. The trio also performed at state contest. Cronin was named Best Female Soloist at a solo contest in Minnesota.



Belting out her solo at the beginning of "Help Is on the Way" during Synergy's performance at the Johnston Show Choir Invitational, sophomore Hannah Wagner stands in the spotlight. "The solo was nerve-wracking at first, but after a few times it was really fun," Wagner said.

Carefully watching director Jody White, Junior Jenny Wu, sophomore Kelsey Kramer and Junior Megan Danielson sing in perfect harmony at their final concert. Kramer planned to study music at college and to sing at a conservatory.

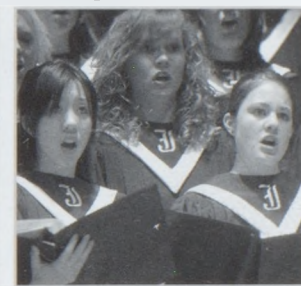


photo by Felicia Hoover

photo by Felicia Hoover

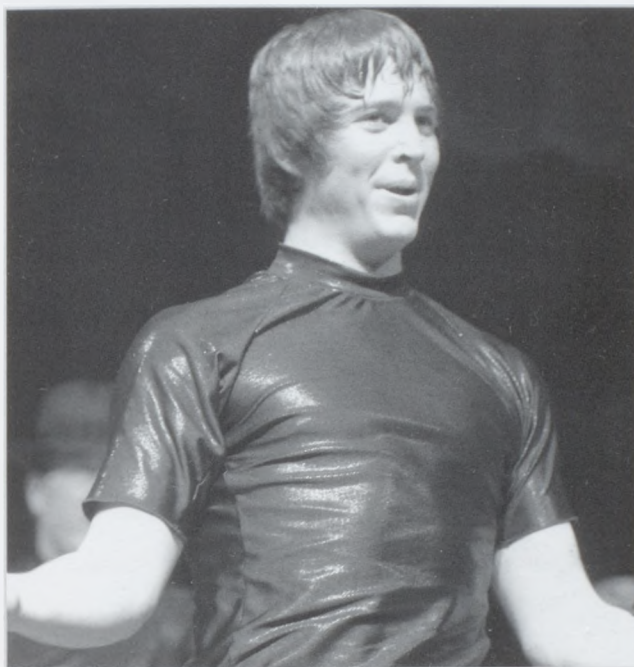


photo by Felicia Hoover

Busting out his dance moves, junior Spencer Reed keeps the show choir grin plastered on his face. Reed enjoyed Innovation because "you get to be yourself, and most people are goofy and fun." "Run Run Away" was Reed's favorite song, because he was allowed to do a backflip during the song.

What did you think about playing in a Caribbean Mass?



steel drum
Question?
Caribbean
question
congas

"It was pretty cool. We got to add a little extra to our concert with the percussionists (professional percussionists were hired to play at the Concert Choir's Caribbean concert). It was a very different style of song and the steel drum went well with it. We didn't get to do much with the percussionists, but we got to talk to them a little before and some after the concert. It was really fun."

□ scott cronin, sophomore

organizations

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Resting after the last hole they played, senior Peter Langston and sophomore Taylor Govey take a break after a hard round of putting. "The mini golf intramural was a lot of fun. It was a great kick-off for homecoming week. I felt that it was aimed for everyone, not just for guys," Govey said.

photo by Aaron Simpson



Leading their group in one of the senior challenge games, seniors Brandon Swett and Rebecca Paszkiewicz put marshmallows and toothpicks together to build a tower. In the first event of the challenge the teams had to build the tallest pillar in five minutes.

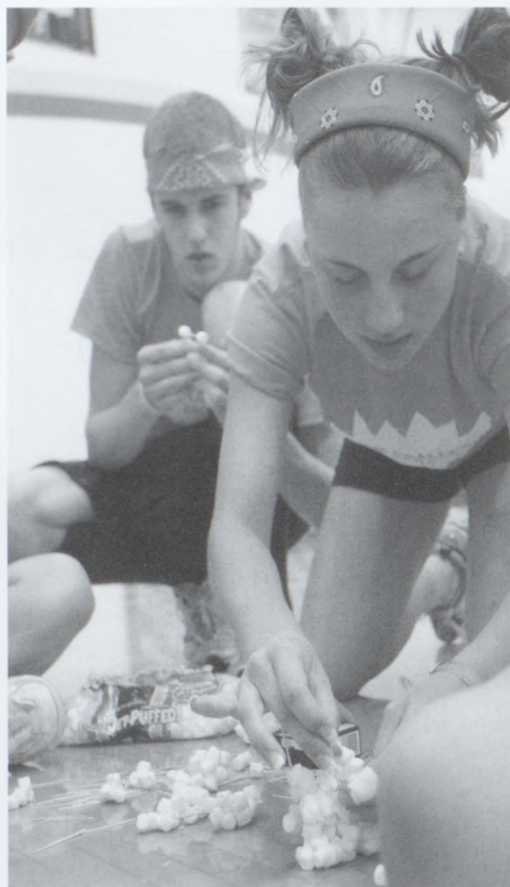


photo by Alicia Corron

Jumping up to reach the birdie, junior Jon Shockey stretches out to hit the target. "I liked the (badminton) intramural a lot because it was something that I had never done before. I thought it was one of the better intramurals that student council put on," Shockey said.



photo by Kristin Boscaljon

photo by Kristin Boscaljon

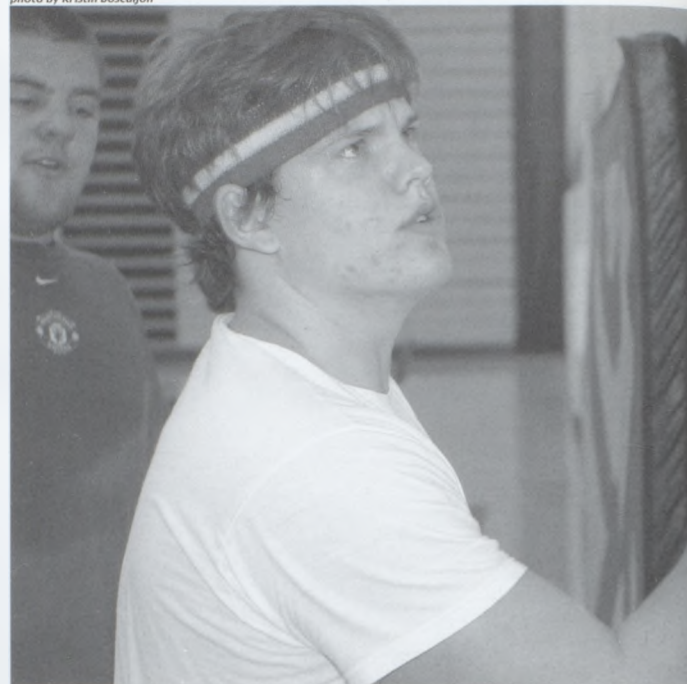


photo by Alicia Corron

Playing one of the many games for their group, seniors Amanda Miller and Kiley Waltz participate in the Lifesaver game at the senior challenge. The difficulty was that they had to get the Lifesaver over the length of the straw. The goal of the game was to get the Lifesaver to the end of the line and the team had to sit down as soon as the last person got the Lifesaver.

Why was there a lack of girls participating?

"I think guys are more competitive when it comes to sports. They have more fun going out and playing sports together where girls don't, they just want to hang out at the mall or something. Guys just enjoy more (competitive games than girls do.)"



□ susan clausen, sophomore

intramurals

girl
Question?
question girl question

Trying to figure out what badminton teams should advance to the next round, senior Jake Hukee scribbles in the names of the leading teams as senior Jake Goedken looks over his shoulder. "It went really well because we had about 12 teams that were really into it and they were really competitive," Hukee said.

photo by Afton Simpson

Lining up the ball with the hole, junior Jordan Wengert puts a shot during the golf outing at the Longview mini golf course. "I always liked mini golf so I thought it was a great opportunity to go out and play. But there was a controversy on the score cards so we lost," Wengert said.

ROADBLOCKS.

Problems prevent intramural activities

A year prior to electing an activities director to oversee student activities such as intramurals and powder puff football, graduate Derek Retherford put together the intramural program. "He (Retherford) had a lot of heart. He really wanted it," student council adviser Chris Beguhn said. After Retherford graduated, the student council decided to add the activities director position to their constitution. Unaware of the roadblocks to come, senior Jonathan Palmer took over the new position.

Palmer started off the year smoothly, organizing a three-on-three basketball tournament and miniature golf, but according to Beguhn, his interest seemed to drop when basketball season started. "(Basketball) practice interfered with my responsibilities," Palmer said. The bad luck rubbed off from Palmer and onto senior Jake Hukee, who took over Palmer's position at semester. "I took over at second semester because I got second in the election last year and no one else really wanted to," Hukee said.

The second problem arrived to damper Hukee's plans when the gym was booked through second semester because of graduation plans and spring sports. The lack of gym space forced intramural activities to move outdoors. That opened the door for the next obstacle: outdoor events ran the risk of bad weather. Thus, the three-on-three volleyball tournament was cancelled due to weather.

A trial run for the first year proved to be challenging for student-elected activities directors. According to Beguhn, Hukee did a good job despite the many problems he encountered. Palmer and Hukee learned to deal with the frustrating detours and helped Beguhn to plan ahead for the next year. "We have started a rough schedule for next year," Beguhn said. *spread by Amanda Kennedy and Kiley Dewhurst*

organizations

On the first day of regionals, senior Tom Danielson refers to the rules while the three judges review the trial. At regionals the judges didn't announce a winner but praised and criticized both side's techniques.

Senior Justin Steggerda of team Ipso Facto watches as Junior Sam Schroeder of team CheckPlus alerts his teammates of the impending three minute cut-off. Schroeder later announced that time had run out for team Ipso Facto, leaving no time for the team's third cross.



UNLIKELY.

Two teams face off at runoffs

It was unlikely but not impossible for two of the five Johnston teams to play each other with only 16 teams present at regionals. It was announced that CheckPlus, the defense, would face the plaintiff, Ipso Facto, in the runoff round.

In the second half of the trial the defense called their first character witness, junior Lucy Yao. Attorney Jenna Craggs, senior, found Yao to be unresponsive, though Craggs didn't allow Yao's evasive strategy to weaken her case. Her persistence left Ipso Facto with only seven minutes cross time remaining of 20 minutes total. Short on time, senior Allison Dzubak failed to observe their timer, senior Justin Steggerda, who held up cards warning how many minutes remained. "People on the team were tapping their feet and coughing, anything they could do to get Dzubak's attention," Steggerda said. Junior Sam Schroeder followed procedure as CheckPlus's timer as he stood and respectfully announced that time had expired for Ipso Facto, leaving no time for the team's third cross.

Seniors Rebecca Paszkiewicz and Alex Grasso served as delegates for Ipso Facto and CheckPlus respectively at a bench conference. The judge's resolution granted Ipso Facto 90 seconds, which they used to cross the third witness. Grasso was under the impression that Ipso Facto would not be receiving points on their presentation in those 90 seconds, but they did. Paszkiewicz typically used five minutes to cross but hit on key points for her closing and concluded in only 50 seconds. The trial came to a close and rules pertaining to the judge's decision were informally reviewed.

The rules allowed the judge to grant an extra 45 seconds to allow a student to conclude their statements; Paszkiewicz said "luckily" she only used 50 seconds, which was considered to be within bounds. However, typically the awarded time would be given for the arguing attorney, Dzubak, to conclude instead of moving on to the next witness. Yao of CheckPlus continued to question whether the 45 seconds were used properly. Ipso Facto went on to win by four points even after the judges took into consideration that they ran out of time. Ipso Facto went on to state with three other teams to compete for a spot at nationals, but lost in the first round. "Ipso Facto was definitely qualified (to win) but they didn't watch their time and weren't sufficiently penalized for such a big mistake," senior Katie Battani of CheckPlus said. *spread by Megan O'Toole and David Zorn*

mock trial group shots found on page 103

photo by Megan O'Toole

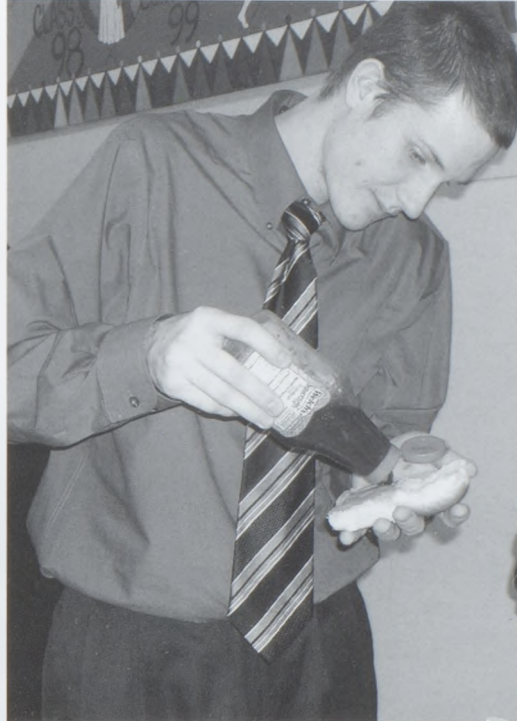
photo by David Zorn



photo by Megan O'Toole



Sophomore Josh Merritt objects while his opposition, freshman Katie Glthens, looks to her team for support. During this scrimmage, there was no judge present to direct the teams. "Not having judges is a waste of a scrimmage. We got nothing done and it was a circus," Merritt said.



During a short break in between rounds at state, Junior Alex Kron squeezes out some nourishment in the form of jelly for a peanut butter and jelly sandwich. Parents who attended the competition packed supplies for the hungry team to make sandwiches and have snacks.

Sophomore Kelsey Kramer runs over a few facts minutes before her team, D-Dawg Sanders, competes against another Johnston team at a scrimmage trial. "Mock trial is cool because I'm interested in going into the field of law, and I can learn a lot through the program," Kramer said.



photo by Megan O'Toole



photo by Megan O'Toole

Both sophomore Sam Leahy and senior Adam Eckhart gracefully accept constructive criticism from their judge, David Blume, who pointed out the weaknesses present in their case at a scrimmage. Blume was a Johnston graduate and a former mock trial participant.

What do you think about choosing your own team?

"I really liked being able to choose my own team. This way we wouldn't get stuck with anybody we don't work well with, and overall ended up playing with people we liked. The only negative was that we were very alone, and had to do a lot with minimum supervision."

□ **brian sloan, junior**

organizations

choosing
Question?
teams
question

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85

nightly five

Extending a paper to an eager reader, junior Chelsea Smith helps distribute the revised December issue. After the delay caused by the pulling of the paper just before winter break, the staff reworked a small amount of content and reprinted the issue for distribution in January.

Snipping over the strategically placed waste basket, junior Liz Timmins updates junior Xian Zhang's hairdo as junior Emily McPherson watches in horror. According to Timmins, she decided in the spur of the moment during a paste-up deadline that she wanted to cut someone's hair. An annoyed Zhang exclaimed, "I thought Timmins was only going to cut the bottom layer. I kept reminding her, 'Don't touch the top layer,' but then 20 minutes later I look in the mirror and it's four inches shorter!"



CONTROVERSY.

Pulled issue raises legal questions

The day before winter break, students expecting a paper were left disappointed. Due to the appearance of a profane word, adviser Leslie Shipp and principal Bruce Hukee pulled the December issue.

The incident began when senior Stephen Ites included the word, which was part of a quote, in his feature on a local band.

According to Shipp, she made it clear that he must remove the word because it was possibly obscene and therefore illegal to print.

Ites went to editor-in-chief Sonja Spray, senior, and asked her opinion without mentioning what Shipp had said. Spray approved the use of the word; she believed it was a strong quote that added to the effect of the story.

After seeing the printed papers, Shipp and Hukee decided to pull the issue. Spray was shocked when Shipp called to tell her. Spray and the editorial board explored censorship and obscenity laws, and concluded that their use of the word was legally acceptable and that the administration did not have the right to pull the paper.

The next morning, Dec. 22, the editors met with Hukee in hopes of making him see things their way. They were unsuccessful; Hukee did not waver. Hukee said he based his decision on what he thought was appropriate and did not consider any laws.

On the advice of a Student Press Law Center attorney, Spray requested from Hukee a written explanation of his actions. As of mid-February, she had not yet received it. Although no longer considering taking legal action, Spray stuck by her argument. She said, "I just didn't think that it was used in a way that was offensive. As far as appealing to our audience, we figured that this is a word that's casually used in the hallways by our students and faculty, so we felt that it would be acceptable." Junior Tyler Buller researched the laws of journalism, and concluded that the word was not obscene and could legally be printed in the paper. "In order for it to be obscene it has to be a racial slur or about sex, and (the word) is neither," he said.

Shipp also stood by her original position. She said that because the *Des Moines Register* would not print such a word, it was not acceptable for the school paper to print it. "When something could be illegal, as the adviser I have no choice but to protect our writers and try to do the right thing, which is follow the law," she said.

According to Ites, he voluntarily left the staff after the incident to "clear the air." He said he learned a lot from the experience. "I don't think the consequences were worth putting it in even though I was legally justified," he said. "I think that in life you can't always base things on the law. You need to respect other people's opinions, and I didn't really do that." *spread by Stacie Bendixen*

newspaper group shot found on page 103

photo by Stacie Bendixen

photo by Kristin Boscaljon



photo by Stacie Bendixen



Pointing out the site of a past injury, Junior Spencer Reed participates in an interview with Juniors Corey Chancellor and Alex Kron for the February back page on "scar stories." The spread featured three students' tales of agony, as well as information on wound ointments and scar prevention.

During a lesson on Adobe InDesign, the paper's new publication software program, sophomore Susan Clausen gazes at the projection screen. The staff had been using Adobe PageMaker 7.0[®] to create pages, but updated to InDesign because PageMaker was outdated. They implemented the program by doing a few more pages on it for each issue, eventually converting the whole paper.



Photo editor Kristin Boscaljon, senior, records the dimensions of a digital photo on the computer screen with a dry-erase marker. She needed to have the size of the photo handy in order to ensure a proper fit in the layout. According to Boscaljon, her markings would erase easily, just as if she were writing on a white board.



photo by Kristin Boscaljon

photo by Stacie Bendixen



photo by Beth Aubuchon

Tinkering with a coveted member of the *Black and White* staff, sophomore Alycia Waterman crops a photo of the red Radio Flyer wagon used to transport the newspapers. The staff planned to use the photo on posters they would hang up to advertise upcoming distribution dates.

Why is InDesign better than PageMaker?

"PageMaker[®] is fairly old and InDesign[®] is the new tool that publications use. It does everything that PageMaker does and a lot more graphical stuff, so you can make your layouts more sophisticated. You can play with the photos more. You can kind of do some of the stuff with a combination of PhotoShop[®] and PageMaker, but with InDesign it makes it easier to do and I think it'll make our layouts better."

□ sam schroeder, junior

organizations



InDesign
Question?
question InDesign

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Shaking hands with principal Bruce Hukee, senior Annie Schunicht accepts her recognition pin. The pin Schunicht accepted was on behalf of her role on the board. Schunicht was the president of National Honor Society.

Senior Stacie Bendixen signs up for a volunteer time slot in the guidance office. Bendixen was signing up to participate at the Best Buddies end of the year party. After she completed her volunteering, Bendixen had finished her service requirements for NHS.



CHALLENGES.

Students struggle to complete service projects

Due to the larger number of students inducted into NHS, they were split into seven pre-designated groups for service projects. With only six officers, this left one group without a group leader.

Each group was responsible for completing one service project. Three groups, all with board members, had claimed certain in-school projects, such as carnation distribution and organizing the induction ceremony. Other groups were not so fortunate, especially the seventh group that was minus a board member. "It was hard because we didn't have a board member in our group to be a leader," senior Amanda Shoeman said. "It was hard to get everyone together because we didn't have anything announced at meetings."

Since not all the groups had the option to complete their service projects in school, they had to search elsewhere. According to adviser Sue Baker, ideas were given to the groups of projects that had been done in the past. Even though ideas were given, some members felt that it was unfair that board members got first pick for school-oriented projects. Shoeman said, "We didn't have a board member and they (board members) got first dibs." Their projects, Shoeman said, "don't really help. It's not service to people, it's just in the school."

Senior Lauren Butterwick, who helped during all three of the in-school service projects, said it was good to have some projects that were during school, because certain people would be more likely to complete a project if centered around school. But "it was really great that some groups went out and were beneficial to the community," Butterwick said.

Even though students felt some projects weren't serving the general community, Baker said that the projects were designed to simply serve any community, and the school was one of many communities. *spread by Afton Simpson*

nhs group that found on page 93

D & R Clean Team

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photo by Afton Simpson



photo by Afton Simpson



In an attempt to raise the most money for the evening, senior Jordan Lampe makes phone calls for Dollars for Scholars. All members were required to go at least one night to Pioneer to participate in raising money.



Gloves on, senior Jessica Wilson prepares more bread and butter for the dinner she was serving at the Churches United Homeless Shelter. Wilson also volunteered at the shelter for her Government service project first and second semester.

Senior Erin Sams sells carnations for Valentine's Day during her lunch hour. She, along with the other members of NHS, had to sell 15 flowers for \$1 each. "The only rule was you had to come back with \$15 in your envelope," Sams said.



photo by Afton Simpson

photo by Afton Simpson



photo by Kristin Bessalov

Holding out the prize bucket for a winning contestant, senior Mike Eittrheim completes his required service project. Eittrheim volunteered at the Best Buddies end of the year fling, which was held at the Val Air Ballroom.

How do you feel about selling carnations?

"I feel that selling carnations is beneficial to the school, and it also goes towards the NHS bank account and Dollars for Scholars. Selling carnations is also not that hard, if you start right away and hit up all the juniors and sophomores first. It is only hard if you wait until the last minute and everyone has already bought theirs and you have to buy them yourself."

□ whitney warne, senior

organizations

Question?
question carnations

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Vodka bottle in hand, senior Shabrean Nead schmoozes with junior Lindsey Oviatt. Nead played Gay W., a drunken actress in "You Can't Take It With You." About her unusual role, Nead said, "I actually didn't act drunk; that's the funniest thing. Drunks don't act drunk. They do their best to try to convince people that they're not drunk, so I did my best to try to pretend I wasn't drunk."

photo by Rebekka Broeker



Adding some spice to Shakespeare, senior Earl Harmon dances during "Much Ado About Nothing." The original text of the play called for a song about the woes of love, specifically the fraud and inconsistency of men. Harmon, a member of the varsity dance team, sang and decided to add the dancing as his own personal touch.

Sophomore Aaron Lehman poses for a portrait as Mr. De Pinna in "You Can't Take It With You." According to Lehman, his character used to be more fit and muscular, but gained weight over the years. To portray his large midsection, Lehman stuffed sweatshirts under his costume. "It got a little sweaty, but it wasn't that bad," he said.



photo by Rebekka Broeker



photo by Stacie Bendixen

Experiencing the joy of power tools, senior Justine Blanchard helps build flats for the set of the fall play by stapling down the canvas while director Paul Miller holds it in place. Manning the staple gun was Blanchard's favorite job. "It made me feel tough," she said. "It was a very 'Trading Spaces' moment for me."

photo by Stacie Bendixen



photo by Stacie Bendixen



What do you do when you forget your lines?



"I forgot some of my lines during opening night (of 'You Can't Take It With You'). I knew all my lines, I just put them in a different order. Either someone ad libs for you or you just start ad libbing. You just start going with it. I forgot to ask where the kitchen was, so at the end of my whole spiel I asked where the kitchen was and left. Basically you just keep on going."

□ michelle cross, sophomore

plays, fall/spring group shots found on page 104

forgetting
Question
lines
question



As the villain Borachio, senior John Sachs proposes his evil plan to his partner in crime, Donna Joan (Junior Boo Smith) during "Much Ado About Nothing." The characters' aim was to sabotage the wedding of Hero and Claudio, but their plot was foiled when they were caught. Sachs found the villain role a difficult one to play. "The villain role was hard to do because I'm just not a villain inside," Sachs said.

Claudio and Benedick, also known as sophomore Josh Merritt and senior Sean Coughlin, have a tense conversation in "Much Ado About Nothing." According to Merritt, the play opened with the army returning from a war, so those actors wore old marching band uniforms to represent soldiers' attire. Members of the drumline also marched down the aisle playing snare drums to simulate a military entrance.



OLD ENGLISH.

Shakespeare transports actors back in time

With foreign phrases such as musty victuals, invisible baldricks, medicinale impediments and codpieces as massy as clubs making their heads spin, the cast of the fall play, "Much Ado About Nothing," rose to the challenge of performing Shakespeare. Although the script was in English, the actors sometimes felt like they were speaking another language.

Junior Nate Wilder thought the main challenge was the outdated language. "The way that (Shakespeare) speaks is hard to understand, because you have to go into the time period," Wilder said.

Junior Jessica Cordes recognized the audience's difficulty in catching Shakespeare's humor. "The whole play is supposed to be a comedy, but the audience didn't get it because of the language," she said. The importance of good acting became clear, according to sophomore Alexis Buchanan. She thought it was important to over exaggerate the actions to make sure the audience knew what was going on.

Director Paul Miller said that was the reason he chose a Shakespeare play; it was a better "acting teacher" because strong acting skills were required in order to make up for unfamiliar language that might not be understood. Miller also wanted his actors to appreciate Shakespeare as the creator of a great number of words in the English language. "(Shakespeare) was the Snoop Dogg of his time," Miller said.

Sophomore Makea Sanders, the play's manager, came away with a new appreciation for the Elizabethan playwright. "I learned that Shakespeare wasn't all about romance and serious things," she said. "He also had a comedy side to him." *spread*
by Stacie Bendixen

organizations

photo by Stacie Bendixen

Focusing on a positive attitude, sophomore Kelsey Hyde writes a note to a fellow camp member at the bag of good feelings gathering. Bag of good feelings was the last thing students did at camp and it allowed them to compliment their friends and group members.

photo by Megan O'Toole



Senior Shabrean Nead lip syncs to "Dancing Queen" by Abba as she and her small group perform their skit. The groups knew their songs before the camp and were allowed to bring their own costumes. "I brought my step mom's dress and I had a pair of shoes from a friend in North Carolina, so I just 'froed my hair," Nead said.



photo by Megan O'Toole

With the support of his small group, sophomore Jay Quick tentatively creeps across a ropes course. The groups worked on building trust. "(The ropes course) helped me build trust with my group because I knew if I fell my friends would catch me," Quick said.



photo by Megan O'Toole

Depending on their group members for balance, senior Megan Ware, junior Jordan Wengert, sophomore Tine Schempp and senior Megan O'Toole hold on to stay perched on a thin wire rope. The groups did ropes courses to practice communication and team building skills.

photo by Megan O'Toole



photo by Sam Schroeder

Why did the SAIL entry forms change?

"The form has changed this year because Mr. (Dan) Scannell and the rest of the SAIL leaders wanted to make sure people were in SAIL for the long run, not just for leadership camp. We want people to be dedicated to our cause and realize it's more than a fun weekend."

sail group shot found on page 104

SAIL Question?

ashley oeltjenbruns, senior

Listening to their leaders, sophomore Sammi Johnson and junior Sandra Rodriguez take part in a small group discussion at leadership. "We talked about things we deal with during school and life. It helps to know that I'm not the only one going through hard things and that people are there for support," Johnson said.

Junior Allie Norellus and senior Alex Contino perform their small group skit at Pioneer Hall. The previous year the skits changed from acting out a scene to lip syncing, but were still referred to as skits.

FRESH FISH.

Fish theme spread camp wide

Students arrived at school for the SAIL leadership retreat to find a slight change in the weekend's itinerary. After the traditional "get to know you" activities, students gathered around to watch a video that introduced the fish philosophy. There were four objectives in the fish philosophy: play, be there, make their day, and choose your attitude.

The fish philosophy was taught to the leaders the previous year. Having liked the idea, the leaders made the decision to teach the simple philosophy to everyone attending the retreat. "We want people to be involved in our cause, and take part in leadership all year," junior Beth Hanigan said.

Even with the new philosophy taking flight, some students didn't feel the intended impact. According to sophomore Sarah Mueller, her experience was enjoyable but she felt it didn't change the camp all that much because the traditional activities still occurred.

According to adviser Dan Scannell, making the philosophy a camp-wide theme was a subtle change aimed at bettering the outcome of the retreat and improving the environment at school and in one's personal life. "The fish philosophy is a great philosophy for life," Scannell said. *spread by Kiley Dewhurst*



photo by Megan O'Toole

organizations

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93

Before the start of the school day, student body president Molly Hanson, senior, prepares to play what she called "annoying" songs over the Intercom for "stop the bop." The songs played four times a day over the school Interconnected stereo system for a week to help fund a new stereo system for the big gym. The student body had to pay at least \$2,000 for the music to stop. However, only about \$250 was raised, so they decided to stop the music anyway and look at alternative fundraising methods.

Crashing on the cot after giving blood for the first time, senior Allcia Corron requires some rest due to the overcoming feeling of dizziness. "I felt dizzy. My left arm especially felt cold (where the blood was drawn). My feet were elevated to help my blood pressure get back to normal. I felt so bad that I was laying down for two and half hours. I don't plan on giving blood for a while," Corron said. The blood drive, run by the Blood Center of Iowa, was held on March 14.

photo by Afton Simpson



CLASSIFICATION. Adjustment to schedules improves atmosphere

Scurrying down the hallway to their second hour class, student council members made their way towards adviser Chris Beguhn's science lab. However, the student council members were not taking a science class; they had to attend a required student council class as part of the new standards for the organization's new policies. As an addition to the Wednesday morning meetings, the class now met every day second hour.

Members thought that the class was beneficial to ensure better coverage of all the events in the school. "I thought (the class) was good because I could voice my opinion with more time in the class than on Wednesday mornings," junior Brian Underwood said.

According to junior Daniel Rottenberg, the class was very hands-on because they had more time to plan activities and make posters. He thought that the class was more communicative with the student body now that student council was a class. Rottenberg felt that it was a great program to get involved in because the members worked more in depth for the homecoming week events, intramurals and the blood drive.

Coming back from winter break held yet another surprise for members. Instead of meeting every day second hour, like they had done all first semester, they now met every other day first hour. According to Beguhn, the reason for the move was she wanted the few students who did the most work to work first hour instead of second. "We talked to (guidance counselor) Dale Doudna about having a couple of the kids in my room for a study hall period for student council. (During) first semester class (there) were too many students that didn't want to work. Second semester people wanted to work," Beguhn said.

According to Beguhn, having a class showed the student body that the members were more dedicated because they were putting more time into the school. *spread by Amanda Kennedy*

student council group shot found on page 104

photo by Amanda Kennedy

Midwestern Culvert

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photo by Amanda Kennedy

Sneaking a peek, sophomore Taylor Gowey and junior Peter Holmgren inspect the results of a compatibility test. Holmgren and Gowey handed the results out to students during lunch. "I just found out who (senior) Stephen King was compatible with. But it wasn't me and I was bummed, as most girls would be," Holmgren said.

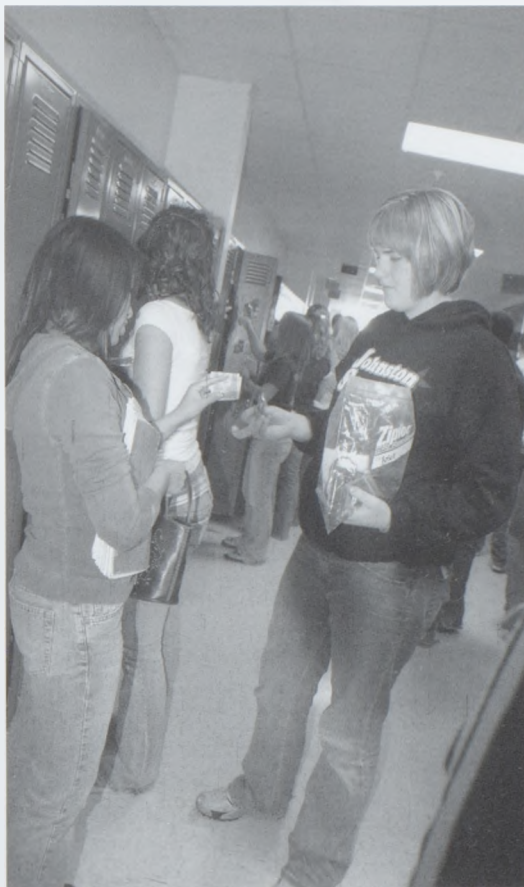


photo by Amanda Kennedy

Attempting to raise school spirit for the upcoming girls' sub-state basketball game, senior Kristin Boscaljon exchanges a wrist band for money with junior Sandra Rodriguez. According to Boscaljon, there were a lot of wrist bands left over after the first day of selling, so they gave them to the middle school to sell.

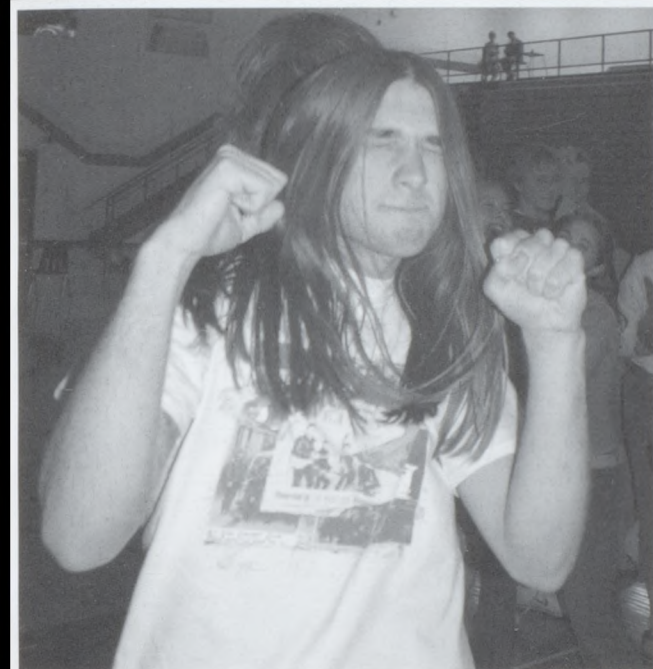


photo by Mike Slusark

Jamming out at the tsunami relief concert during spring fling week, senior Casey Hooper enjoys jazzy funk. There were four student bands that played in the concert held in the big gym. The entrance fee was \$2 and other donations were accepted. Proceeds went to the American Red Cross Association to aid in relief for the December tsunami in southeast Asia.

Impersonating her favorite singer, Pat Benatar, senior Shabrean Nead dances while singing to "Love Is A Highway" on '80's dress up day during spring fling week. "For me it was an excuse to dress like a fool. Also, this is my last year to dress as a fool because I'm a senior," Nead said.



photo by Amanda Kennedy

What is the funniest moment that has happened on dress up day?



funny
Question?
question funny question

"On one of the dress up days (during homecoming week) I was a cowboy. I had a hat and my pink button-up shirt. Then I decided that I was going to steal a cactus from (chorus director Jody) White's car antenna. The cactus had a bandanna and sun glasses. The funniest part was that I wore the cactus to class in my hat and White didn't even notice."

□ alex hammer, senior

organizations

Midwestern Culvert

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Posing for the camera, sophomore Jeremy Irwin lays on the bench in the commons impersonating a homeless, sleeping bum. Irwin did this as his part in the introduction to his class's announcements. He said that he just had to pick something he could do in the commons of the school.



photo by Afton Simpson

Filming a segment on the new additions to the lunchroom menu for the announcements, Junior Chris Heffling zooms in at the lunch selections. Heffling chose this topic because he felt that the Salisbury steak was a great addition. After interviewing food service technician Gloria Keenan, Heffling said that the reason it was added was because of a new cook in the lunchroom.



photo by Alicia Carran

Listening intently to her headphones, senior Jessica Hoover edits her remake of the film "Ocean's Eleven" for a class assignment. The assignment was to recreate a scene from an existing film. Hoover chose to remake the poker scene of the movie. "Choosing a scene with lots of people was hard. It was hard to get everyone together when we needed them to be, and they were getting antsy during filming so we had to cut some parts out because of that," Hoover said.

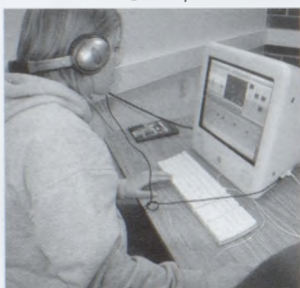


photo by Afton Simpson



photo by Alicia Carran



photo by Alicia Carran

Reading from the teleprompter, sophomores Griffen Crowder and Nick Scholten rehearse before being filmed for the daily announcements. "We always go over it one or two times before we film it," Scholten said.

video production



Do you prefer filming segments or the announcements?
segments
Question?
segments
question

"I prefer doing segments to the actual announcements because it allows you to be more creative and you can freestyle more. With the announcements you are confined to filming it all within one class period, the day before they are put on the air. But with the segments you are given much more time to film which allows you to be much more creative."

□ hannah miller, senior

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Go Dragons.



Sophomore Alex Guns connects the camera to the monitor before filming the announcements. In his six-day rotation as editor, Guns's responsibility was to make sure that the cameras were hooked up to the monitors and that everything ran smoothly during the filming.



With his eye on the action, sophomore Chris Pilkington films a classmate in hopes of having the best introduction for his class's announcements. His introduction would air every nine days in rotation with other intros. The rotation would last for about 21 days, according to Pilkington.

INCENTIVES.

Grades motivate students to enter festival

With the incentive of gift certificates instead of a final grade on their minds, students prepared to start filming for a class assignment. Teacher Tim Brickley's assignment for his students was to write, film and edit a short film. In past years, the assignment had been used as a group project or as the semester final. Instead of using the short film as a final assignment, Brickley moved the project up so that it was turned in, for a grade, at the same time that entries for the Mayor's Youth Council (MYC) Film Festival were due. Students weren't required to enter into the festival for class, but being in a partnership with the MYC, Brickley's goal was to get more people entered into the festival. Brickley said, "With doing it at this time of year it gives them more incentive to enter (the film festival) rather than if the assignment was at the end of the year."

"I like that it is around film festival time because it gives me a goal to work for. I usually wouldn't work hard to get it done on time for a regular assignment but this gets me motivated to get it done," senior Amanda Rhoads said. Rhoads, who had recently become interested in short films, was excited to get her film entered into the film festival for the first time. "I got into filming while taking this class after seeing how to make movies, how to edit and make them good or just different," Rhoads said.

Junior Scott Sauber liked that the deadline was close to the entry time as well. "It all depends on how my class reacts when we watch our short films in class. If people like it then I will enter it," Sauber said. "It's nice when you can gauge how you did on the film if people laugh when they're supposed to or not. It's nice to be able to get others' opinions before I submit it."

Being required to have a short film finished for a class assignment, students would be more apt to enter into the festival, and would meet the goal of Brickley's partnership with the MYC. Films that were submitted were judged by the MYC and the films of superior quality were shown to the public during the film festival on April 15. Winners of the film festival would receive gift certificates from video stores, theaters and restaurants. *spread by Afton Simpson*

organizations

photo by Afton Simpson



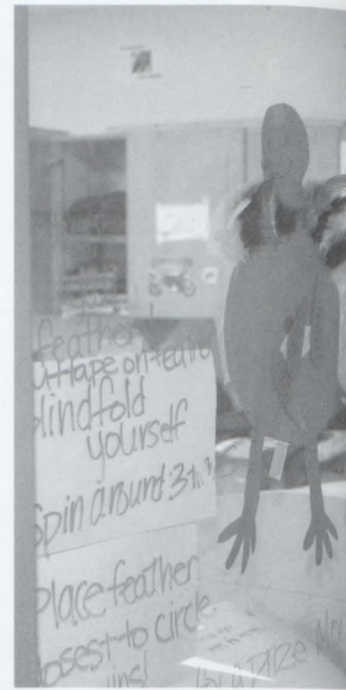
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Attempting to place the paper feather on the target, sophomore David Zorn plays pin the feather on the turkey. Due to the lack of blindfolds, Zorn used the hood from his sweatshirt, which he put on backwards. The game was a part of a Thanksgiving party thrown for the staff. Zorn said, "Yearbook parties are usually fun, I just haven't been able to experience very many, from missing deadlines."



GUINEA PIG.

Freshman crosses parking lot to join staff

Zippering up her coat and putting on gloves for the brutal, wintery weather walk, freshman Alle Moffitt strolls to the high school from the 8/9 building to attend her seventh hour class: yearbook. The first staff member to come from another building, Moffitt was considered the "guinea pig" as the school redefined procedures in order to provide ample opportunities for freshmen to participate in activities.

According to Moffitt, she wanted to be on yearbook for several reasons. After taking journalism, Moffitt consulted with adviser Leslie Shipp, 8/9 guidance counselor Miki Voss, and 8/9 principal Brian Carico about the transition.

After getting the go ahead from Carico, Alle joined the staff. She was assigned to work on group shots. "(At the beginning) I felt a little intimidated by the fact that I was a freshman, and I didn't know how upperclassmen were going to treat me," Moffitt said.

To Moffitt's surprise, the other staff members were nice and made the transition easy. "In between my corrections (on my page), I took her to meet teachers she didn't know to help her out with group shots," senior Lindsey Lockner said.

Shipp felt that Moffitt joining as a freshman would be beneficial to the staff, but would also help Moffitt in the long run. "She'll already know the teachers by listening to conversations (in the lab) and how the high school works," Shipp said.

Moffitt was not the first freshman to be on the staff. Sophomore Logan Koch was once a "new" freshman joining at second semester. From experience he advised Moffitt to make sure that she met her deadlines. "You won't have any problems then," Koch said. "You will make people happy."

According to Moffitt, even though she had to walk across the parking lot, it was worth it even in harsh conditions. "I can't wait until spring when it starts raining," Moffitt said. *spread by Amanda Kennedy and Beth Aubuchon*

Leaving the high school after a period of yearbook, freshman Alle Moffitt, with her group shot page in hand, heads over to the 8/9 building. She had to leave yearbook 11 minutes early so that she could walk across the parking lot and arrive on time to her next class. The middle school ran on a different time schedule, so she didn't have to miss a part of another class to make it to yearbook on time.

yearbook group shot found on page 105

photo by Rebekka Broeker

photo by Matt Schultz



photo by Stacie Bendixen



Senior Afton Simpson, photo editor, explains the functions of a Nikon digital camera to Dr. Jim Casey, associate superintendent, sophomore Kiley Dewhurst and freshman Alle Moffitt. Casey had bought the same camera and wanted to learn how to use it. Moffitt and Dewhurst had just joined the staff and needed a lesson on how to use the equipment.



photo by Beth Aubuchon

Double checking student pictures, which the staff termed "mug shots," junior Chelsea Smith counts 64 faces over and over again. Each mugshot layout had 64 places for the students' pictures. Smith said, "You could get off track really easily because people would come up and talk to you. Then you would have to start over counting."

Catching a happy face pin in midair, senior Alicia Corron rejoices over receiving it. Corron earned the prize for her sports layout, which she was very proud of. Shipp gave the pins out to staff members to reward quality work and effort.



photo by Beth Aubuchon



photo by Beth Aubuchon

Slicing her birthday cake, adviser Leslie Shipp celebrates her 40th birthday with her son, Tate Larsen. The party editor, junior Dani Martinson, planned a surprise party for Shipp. She snuck in the night before, with the help of a janitor, to decorate the journalism lab with birthday banners and signs.

How

do you feel about being the only male in your class?

"It's hard sometimes and fun other times. I have to hear all of their stupid girl problems. However, they do give me helpful advice like when I need to get my hair cut. Last semester I was in a class with some guys but I didn't really talk to them because they were always off in a corner talking or working on their sports pages. So I guess it's not bad being with the girls."

□ matthew shultz, sophomore

organizations

only
Question?
question boy question

Carlos
O'Kelly's
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99

Best Buddies



First Row: Nicole Jansen, Krysten Steen, Emily White, Ashley Meek, Anjel Vodenik, Brittney Hibbs, Lindsay Parry, Katie Backstrom. **Second Row:** Nick Jespersen, Ryan Bole, Jake Tyler, Greg Olson, Ashley Fuller, Annie Schwartz, Jasmina Sarajlija, Kiley Waltz, Jeff Townsend, Zach Hansen.

Chamber Choir



First Row: Erin Sams, Amanda Thrasher, Krysten Steen, Amy Konz, Meredith Crowder, Alexis Van Vleet, Liz Timmins, Whitney Warne, Annie Schwartz. **Second Row:** Josh Carlson, Matt Carlson, John Jacobsen, Alex Grasso, Spencer Reed, Andy Goers, Emily DePenning, Claire Lekwa, Emily McPherson. **Third Row:** Alec Beck-Cross, Mitch Cline, Tom Danielson, Chris Williamson, Grant Dippold, John Miller, Meredith Cronin, Brian Underwood.

Chess Club



First Row: Frank Baxter, Siddhartha Kollipara. **Second Row:** George Vardaxis, Pasha Kazatsker, Michael Seibert, Laz French.

Colorguard



First Row: Jenny Hahn, Julia Steggerda, Xian Zhang, Rachel Bassell. **Second Row:** Felicia Hoover, Laura Beth Vander Ploeg, Megan Bendixen, Kelly Albrecht, Taylor Grieve.

Concert Band-Brass and Percussion

group shots



First Row: Abby Bowman, Kelli Zimmer, Erica Eaves, Alex Grasso, Ryan Dickey, Alexis Buchanan, Kathryn Gulleen, Josh Carlson, Leah Lundstrom-Yuridin, Katrin Wiethoff, Ryan Olson, TK Kanauss. **Second Row:** Michael Skeens, Tian Sun, Nathan Peterson, Erick Turpin, Jay Warren, Josh Bowen, Joe Salvini, Erik Mortens, Annie Schunicht, Chris Williamson, Danny Fitzgerald, Laz French. **Third Row:** Hannah Levine, Krista Bowers, Jessica Upton, Diane Brown, Julia Zhang, Dane Seaberg, Jeremiah Keltner, Nick Schumacher, Frank Baxter, John Miller, Alec Beck-Cross, Teresa Davis, Sean Bruce.

Concert Band-Woodwinds



First Row: Angela Schaefer, Jacob Meyers, Danielle Larimer, Hannah Wagner, Elizabeth Lawrence, Kelly Albrecht, Stacie Bendixen, Megan Bendixen, Mallory McCarty, Laura Messerly, Allison Dzubak, Taylor Grieve, Brianna Upton. **Second Row:** Erin Ballard, Kristin Badgley, Silvia Fouch, Matthew Schultz, Makea Sanders, Abby Davis, Kristen Turnblad, Kayla Schmidt, Dawn Wilkens, Jasmine Riley, Amanda Hatfield, Cassy Clark, Michelle Cross, Felicia Hoover, Xian Zhang, Kaylee Richter. **Third Row:** Molin Zhong, Jenny Hahn, Erin Sams, Robyn Norris, Kathryn Huen, Jeff Rasmussen, Jordan Seaberg, Bethany Landwehr, Addison Nielsen, John Dzubak, Brianna Wight, Katie Battani, Blane Chesnut, Saliya Wijeratne. **Fourth Row:** Larissa French, Emilie Seda, Abby Gumina, Mallory McKinley, Kate Mabee, Brian Sloan, Casey Overberg, Tim Sanders, Jake Goedken, Alex Nelson, Brad Nelson, Sarah Mueller. **Fifth Row:** Jordan Olson, Willy Lowe, Michael Seibert.

Concert Choir



First Row: Jenny Wu, Laura Messerly, Ashley Raes, Erin Sams, Amanda Thrasher, Krysten Steen, Amy Konz, Natasha Kim, Meredith Crowder, Alexis Van Vleet, Liz Timmins, Jenna Craggs, Ashley Oeltjenburns, Annie Schwartz, Brittany Westercamp, Justine Blanchard, Amanda Cook, Ashley Meek, Allison Thomann, Hannah Wagner, Lindsey McCulley, Abby Lewton. **Second Row:** Falya Tingley, Stacy Syroka, Kelly Albrecht, Emeri Sams, Josh Carlson, Matt Burch, Brandon Thompson, John Jacobsen, Greg Patten, Alex Grasso, Spencer Reed, Andy Goers, Tyler Buller, Emily DePenning, Claire Lekwa, Emily McPherson, Jenna Winzenberg, Rachel Winterbottom, Kiley Waltz, Jenalee Williams, Mikaela Donaldson, Brianna Upton. **Third Row:** Emily Forte, Lauren Butterwick, Alyssa Mueller, Alec Beck-Cross, Mitch Cline, Tom Danielson, Chris Williamson, Steven Walter, Brandon Betz, Mike Eittem, Nick Scholten, Alex Hammer, Allison Dzubak, Meredith Cronin, Brian Underwood, Matt Carlson, Jared White, Jim Hinchliff, Hailie Zulaica, Chelsea Wennndt. **Fourth Row:** Joe Schmidt, Scott Cronin, Eric Tubbs, Klay Queck, Jeremiah Keltner, Grant Dippold, Daniel Kerns, John Miller, Brian Smith, Dan Haight, Peter Ostiguy, Colby Elmitt, Gerrit Hansen, Jacob Garland, Jordan Seaberg.

Jazz Band



First Row: Brianna Upton, Jordan Olson, Erin Sams, Emilie Seda, Mallory McKinley, Sarah Mueller. **Second Row:** Abby Bowman, Kelly Albrecht, Alexis Buchanan, Alec Beck-Cross, Kelli Zimmer, Ryan Dickey.

Jazz Ensemble



First row: Katie Battani, Brian Sloan, Jordan Seaberg, Tim Sanders, Brianna Wight, Alex Nelson. **Second row:** Julia Zhang, Chris Williamson, Erik Mortens, Josh Bowen, Jay Warren, Erick Turpin. **Third row:** Annie Schunicht, Kathryn Gulleen, Josh Carlson, Alex Grasso.

Jazz Lab



First row: Saliya Wijeratne, Frank Baxter, Brad Nelson, T.K. Kanauss. **Second Row:** John Miller, Krista Bowers, Laz French, Danny Fitzgerald.

organizations

JV Jets



First Row: Siddartha Kollipara, Frank Baxter, Abby Bowman, Jacob Garland, George Vardaxis.

Jets



First Row: Becca Paszkiewicz, Steven Walter, Pasha Kazatsker, Molin Zhong, Ryan Olson. **Second Row:** Sonja Spray, Adam Eckhart, Mitch Cline, Tom Danielson, Cole Anagnost, Andy Goers.

Junior/Senior Board



First Row: Annie Schunicht, Kendall Schuck, Justin Steggerda. **Second Row:** Thomas Burkhead, Alex Kron, Tom Danielson.

Knowledge Bowl



First Row: Jasmina Sarajlija, Bobby Hernandez, Sean Coughlin, Mitch Cline, Tom Danielson.

Mixed Chorus

group shots



First Row: Michelle Cross, Emily White, Kiley Dewhurst, Jasmine Riley, Eric Dreibelbeis, Ricky Rodriguez, Todd Sexton, Josh Belner, Ryan Knepper, Eric Reese, Tana Friesth, Erin Ballard, Shabrean Nead, Kristen Strawhacker. **Second Row:** Megan Danielson, Lauryn Tosch, Amanda Jones, Emilie Seda, Becky Heffling, Annette Beswick, Kyle Thomann, Cody Verhuel, Frank Baxter, Dan Engstrom, John Peitzman, Dan Haight, Joelle Blanchard, Alyssa Ciarimboli. **Third Row:** Jessica DeBruin, Elizabeth Lawrence, Sarah Reese, Erin Couture, Kyle Phillips, Antonio Rodriguez, Jeff Rasmussen, David Derry, Earl Harmon, John Dzubak, Sammy Johnson, Emily Kuster, Beth Hanigan. **Fourth Row:** Megan Bendixen, Mallory McKinley, Micah Casey, Xavier Rowe, Casey Hooper, Michael Carter, Zach Cooper, Jason Fry, Connor Elmitt, Matt Bole, Amanda Lower, Sarah Johnson, Keriann Rupp.

Mock Trial



First Row: Kelsey Kramer, Kristen Strawhacker, Tyler Buller, Justine Blanchard, Becca Paszkiewicz, Lia Yoon. **Second Row:** Alex Kron, Jasmina Sarajlija, Diane Brown, Justin Steggerda, Allison Dzubak, Annie Schunicht.

Mock Trial



First Row: Michelle Cross, Ryan Olson, Tana Friesth, Hannah Levine, Megan Delanoit, Sarah Timmons, Megan Browning, Todd Herink. **Second Row:** Brian Sloan, Josh Merritt, Chris Ajluni, Gray Emmerson, Megan Bendixen, Pasha Kazatsker.

Mock Trial



First Row: Molin Zhong, Sonja Spray, Fannie Zhou, Soheila Yalpani, Sam Leahy, Jenny Wu. **Second Row:** Alex Grasso, Adam Eckhart, Mitch Cline, Tom Danielson, Brian Underwood, Cole Anagnost, Andy Goers.

National Honor Society



First Row: Evan Schultz, Robby Winterbottom. **Second Row:** Amanda Miller, Beth Reese, Nichole Gibson, Fannie Zhou, Ryan Olson, Stacie Bendixen. **Third Row:** Reid Baker, Kiley Waltz, Ashley Wheeldon, Annie Schunicht, Ashley Oeltjenbruns, Jessica Wilson, Tara Blutt, Derek Merkler, Lan Huang. **Fourth Row:** Emily Fey, Molly Hanson, Sarah Johnson, Sara Embrey, Fifi Albathe, Lindsay Parry, Emily Bibler. **Fifth Row:** Erin Sams, Amanda Shoeman, Ashley Raes, Alyssa Mueller, Lauren Butterwick, Alex Grasso, Mitch Cline, Mike Eittem, Jake Walahoski. **Sixth Row:** Meredith Cronin, Jordan Seaberg, Casey Overberg, Tom Danielson, Bethany Goodenow, Laura Beth Vander Ploeg, Jason Rude.

Newspaper



First Row: Elise Mullen, Susan Clausen, Sarah Blume, Corey Chancellor, Mallory Beck, Kristin Boscaljon, Tyler Buller, Claire Lekwa, Emily McPherson, Traci Gwinn. **Second Row:** Alison Maurer, Chelsea Smith, Emily Bibler, Lia Yoon, Xian Zhang, Dawn Wilkens, Alycia Waterman, Molly Hanson. **Third Row:** Sonja Spray, Liz Timmins, Sam Schroeder, Mike Slusark, Jake Hukee.

organizations

Play - Fall



Front Row: Shabrean Nead, Shayla Smith, Justine Blanchard, Lindsey Oviatt, Jessica Cordes. **Second Row:** Lia Yoon, Nathan Wilder, John Sachs, Frank Bates. **Third Row:** Makea Sanders, Alexis Buchanan, Cassidy Williams, Xavier Rowe.

Play - Spring



Front Row: Shabrean Nead, Cassidy Williams, Michelle Cross, Aaron Lehman. **Second Row:** Lauren Cordes, Sam Han, Sean Coughlin, Jordan VanEssen. **Third Row:** Rebekah Schnackel, Lindsey Oviatt, Calvin Vernon, Justine Blanchard, Josh Merritt, John Sachs, Emeri Sams.

SAIL



Front Row: Jenna Jewell, Becca Paszkiewicz, Brittney Kronick, Amanda Cook, Megan O'Toole, Justine Blanchard, Brittany Westercamp, Ashley Oeltjenbruns, Sara Embrey, Erin Newbury. **Second Row:** Michael Eittreim, Steven Walter, Jenny Wu, Mitch Cline, Ashley Zenor, Alyssa Ciarimboli, Annie Schwartz, Jim Hinchliff, Molly Hanson, Cole Anagnost. **Third Row:** Andy Goers, Brian Underwood, Alyssa Mueller, Eric Dreibelbeis, Emily McPherson, Rachael Behnke, Jessica Villegas, Mike Mertz. **Fourth Row:** Alex Grasso, Liz Hilby, Kelsey Brown, Emily Phelps, Abby Green, Beth Hanigan, Tom Danielson. **Fifth Row:** John Sachs, Jasmina Sarajlija, Jason Rude, Sam Schroeder, Alex Hammer, Tim Sanders.

Student Council



Front Row: Molly Hanson, Susan Clausen, Mallory Beck, Kristin Boscaljon, Jake Hukee, Alex Grasso. **Second Row:** Amanda Cook, Rob Lang, Daniel Rottenburg, Kyle McCracken, Taylor Gowey, Tom Danielson, Sarah Froehlich. **Third Row:** Paul Selberg, Brian Underwood, Peter Holmgren, Alex Hammer, Liz Timmins.

TSA

group shots



First Row: Jeremy Cooper, Gray Emmerson, Danny Fitzgerald, Austin Golightly. **Second Row:** Jake Walahoski, Kyle Catron, Brad Nelson, Saliya Wijeratne.

We The People



First Row: Allison Dzubak, Fannie Zhou, Jenna Jewell, Becca Paszkiewicz, Marin Viera, Leah Lundstrom-Yurdin, Katie Battani. **Second Row:** Ali Keenan, Wendy Xu, Paul Selberg, Justin Steggerda, Derek Merkler, Alex Grasso. **Third Row:** Erik Holt, Alex Hammer, Tim Sanders, Tom Danielson.

Wind Ensemble



First row: Kristen Turnblad, Kathryn Huen, Erin Ballard, Kelly Albrecht, Stacie Bendixen, Mallory McCarty, Laura Messerly, Allison Dzubak, Ellen Larson. **Second row:** Bethany Landwehr, Katie Battani, Brianna Wight, Jordan Seaberg, Tim Sanders, Alex Grasso, Erica Eaves, Kelli Zimmer. **Third row:** Abby Bowman, John Dzubak, Josh Carlson, Kathryn Gulleen, Leah Lundstrom-Yurdin, Katrin Wiethoff, Ryan Dickey. **Fourth row:** Diane Brown, Julia Zhang, Annie Schunicht, Alec Beck-Cross, Tian Sun, Erick Turpin, and Erik Mortens.

Yearbook



Front Row: Beth Aubuchon, Stacie Schafer, Chelsea Smith, Kristin Boscaljon, Alicia Corron. **Second Row:** Lindsey Lockner, Stacie Bendixen, Megan O'Toole, Matthew Schultz, David Zorn, Dani Martinson. **Third Row:** Meri McGrath, Liz Kirk, Andy Pullen, Scott Sauber, Evan Stone.

organizations

redefine your position...

Pitcher. Quarterback. Point guard. On many teams, each player is assigned a position that works as part of a well-oiled machine. Or, in other sports, each athlete does his or her part individually to advance the team as a whole. While on paper it's about winning, losing and the score that got you there, in reality sports are about much more. Teamwork, camaraderie and the values of sportsmanship remain strong long after numbers in the record book fade.

When a team is reshuffled, players often must redefine their roles as members. With the relocation of the freshman class, many teams were faced with the challenge of restructuring, and they certainly stepped up to the plate. The wrestlers finally tasted sweet victory in their first CIML conference win in six years. The boys' swimming team, revived by the grand opening of the new pool, reigned supreme over the conference for the first time in team history. Even though they later narrowly missed going to state, the basketball boys savored their conquering of a longtime rival in the playoffs. These and many more stories of the joy of triumph and the agony of defeat follow in this section, featuring each sport in alphabetical order.

With the evidence of her last slide still on her uniform, Junior Abby Morris waits for her next turn to run. Morris began playing softball when she was in kindergarten, and joined the varsity team as an eighth grader. "I've never had any problems or fears with sliding into a base," Morris said.

photo by Afton Simpson



see softball on pg. 132

During a match against Des Moines Roosevelt, Junior Scott Sauber flips the scorecard signifying the end of a set. JV player Sauber and his doubles partner, Junior Mollin Zhong, won the match against their opponents with a final score of 8-4.

photo by Kristin Boscallon



see boys' tennis on pg. 140

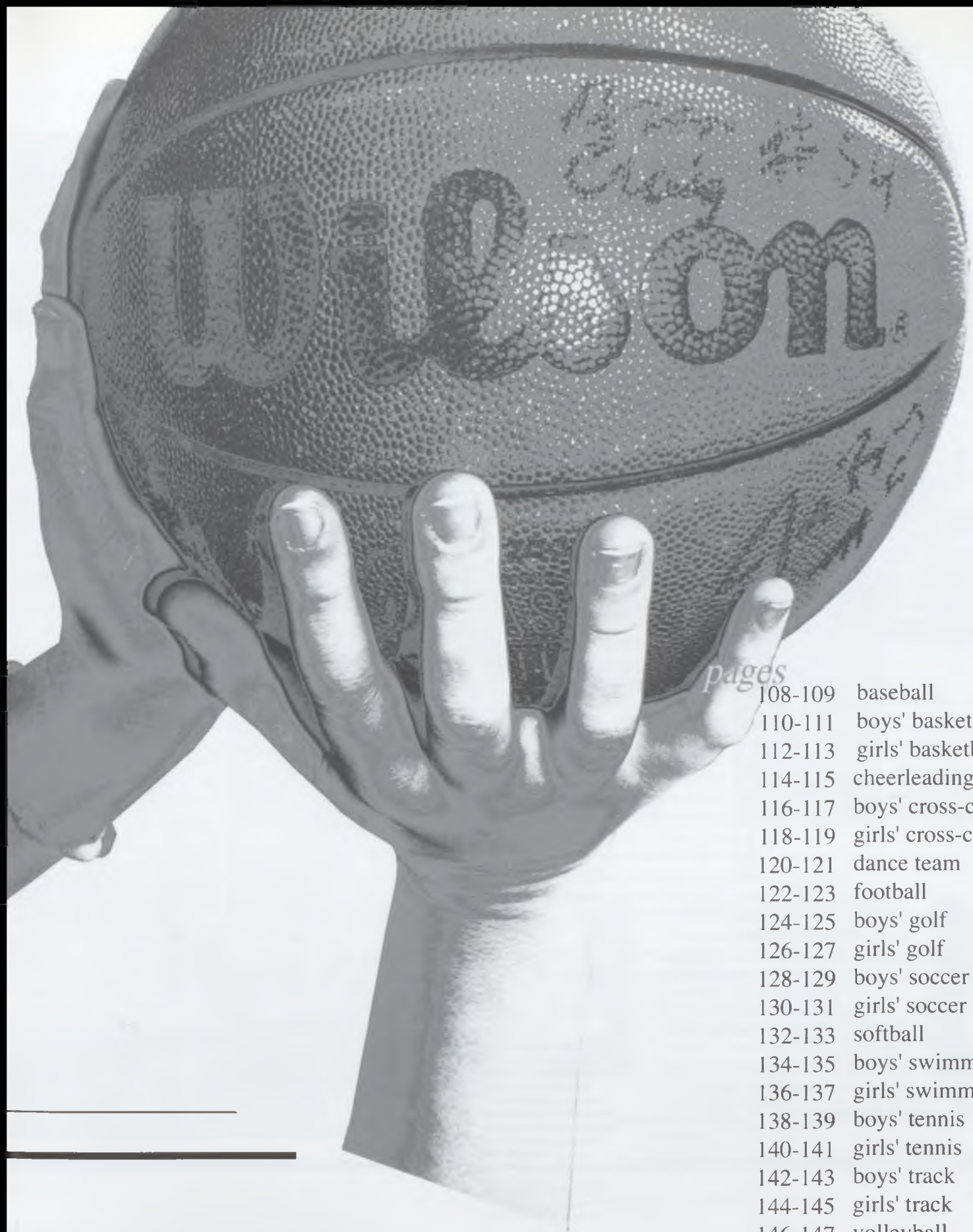
Senior Tara Blutt ices her knee at a track meet while talking on the phone to her brother, Junior Peter Blutt. "I hurt my knee earlier at soccer practice (when someone ran into it. It was the same knee that I had surgery on after tearing my ACL. It felt okay the next day," Blutt said.

photo by Kristin Boscallon



see girls' track on pg. 144

sports



pages

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148-149	wrestling
150-157	group shots

Sacrifices made to Sharpen skills

Additional
fall
practices
test
team's
commitment

Sweat dripped from their faces as the team prepared for the season by conditioning during the fall months. Putting in time during the off-season was the key to success, according to coach Randy Wee.

A set of fall practices was added to the already existing mandatory February practices. These practices started in September and lasted six weeks.

At the practices, the team increased arm strength by pitching, catching, and doing long tosses. They also spent time in the

batting cages, while weight lifting year round.

Wee took attendance at all the off-season practices. He said he made the starting lineup for the season based on who was dedicated enough to go.

By law, fall practices could not be required. As a result, there had to be another reason that kept players coming to fall practices.

"We knew what it would take to be successful on varsity, so everyone put more of an effort (into off-season training) because we had the potential to be better," senior Tyler Tannatt said.

According to senior Brian McCrea, all their hard work and determination led the team to being one game away from the state tournament. They ended with a record of 25-16. spread by F. Hoover and L. Lockner

run scored

Senior Russ Wiskirchen gets to home and scores a run at a home game versus Southeast Polk. According to Wiskirchen, the team examined other teams' playing styles in order to decide on a strategy to win each game. They paid special attention to Urbandale and Ankeny because they viewed them as rivals.

photo by Megan O'Toole



home stretch

Sprinting home, senior Jake Haden is on his way to scoring another point. Haden was thrilled that the team made it to the playoffs, but was disappointed that they came so close to state and then didn't win.



photo by Megan O'Toole

baseball

group shots found on page 150

photo by Andy Pullen

short hit

Focused, senior Kory Ross keeps his eye on the ball. Ross received an honorable mention in All-Conference, as well as led the team in saves and lettered. Ross was able to play every position, but most of the time played outfield and pitched.



slider

Reaching home safely, senior Mike Elttreim scores a run off a hit from a teammate in the Urbandale game. Elttreim was proud that while on JV the team record, 9-12, was the highest it had been while Wee had been the coach.



photo by Megan O'Toole

fast ball

About to hurl the ball at an opponent on base, senior Alex Miller pitches JV at a home game. Miller pitched JV and played first base for varsity. A broken nose in the middle of the season forced Miller to have to wear a face mask; however, it didn't stop him from competing.

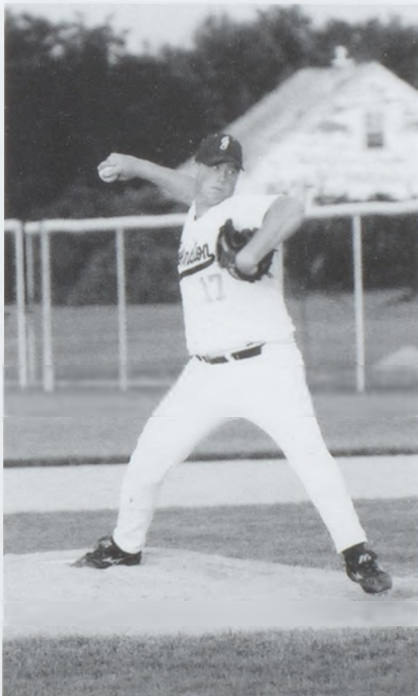


photo by Andy Pullen

dugout dilemma

With a look of disappointment, senior Nate Maple gets aggravated by the team's performance in the sub-state game against Ankeny. After the deficit in the first inning, it wasn't possible for the team to catch up, so they lost. "I was mad because of the loss. We gave up six runs in the first inning, but none after that," Maple said.



photo by Alicia Corron

Austin Denny VERSUS Rob Lang

Biggest disappointment

"We made a lot of errors and gave up after some runs. In a game against Ankeny at home we were winning, but they caught up and we got discouraged and gave up."

"I didn't do as well in the beginning of the season, so I was mad at myself. I improved, though. I didn't do too good because I had an injury and I tried to play through it."



sports

Third *time's* a charm

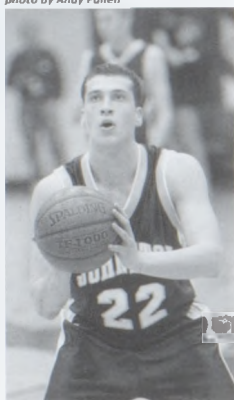
Dragons
end
J-Hawks'
season
after two
straight
losses to
their
rival

Pressure was on the shoulders of senior Jason Rude as he prepared to shoot his second free throw on March 11. He made his first one to extend the lead to 52-50. Rude shot his second free throw. He missed it. Urbandale J-Hawks rebounded the ball and quickly called a time-out. The J-Hawks threw up a desperation three pointer as time expired and the shot fell short. Fans tried to rush onto the court as they chanted "Season's over!" "It was nice to get the win. It was frustrating losing to them in the first two games, so it was nice to beat them when it counted," Rude said.

photo by Andy Pullen

on his shoulders

The pressure builds as senior Jason Rude shoots his second free throw at Urbandale on Jan. 28. He made his first to tie up the game but missed his second. The J-Hawks drove down and put up a last second three-point shot that was tipped in before time ran out to give them the win. A similar situation happened in a sub-state game, also against Urbandale, except Johnston held onto their lead. Rude led the team in free throw percentage with 81 percent.



With the sub-state win, the Dragons erased two devastating losses they suffered to the J-Hawks. "I heard them talk trash about us so it was good to finally win, plus it is always good to knock off a rival like Urbandale," junior Corey Chancellor said.

The two previous games against Urbandale came down to the wire but the team fell short in both contests. "We teach the kids

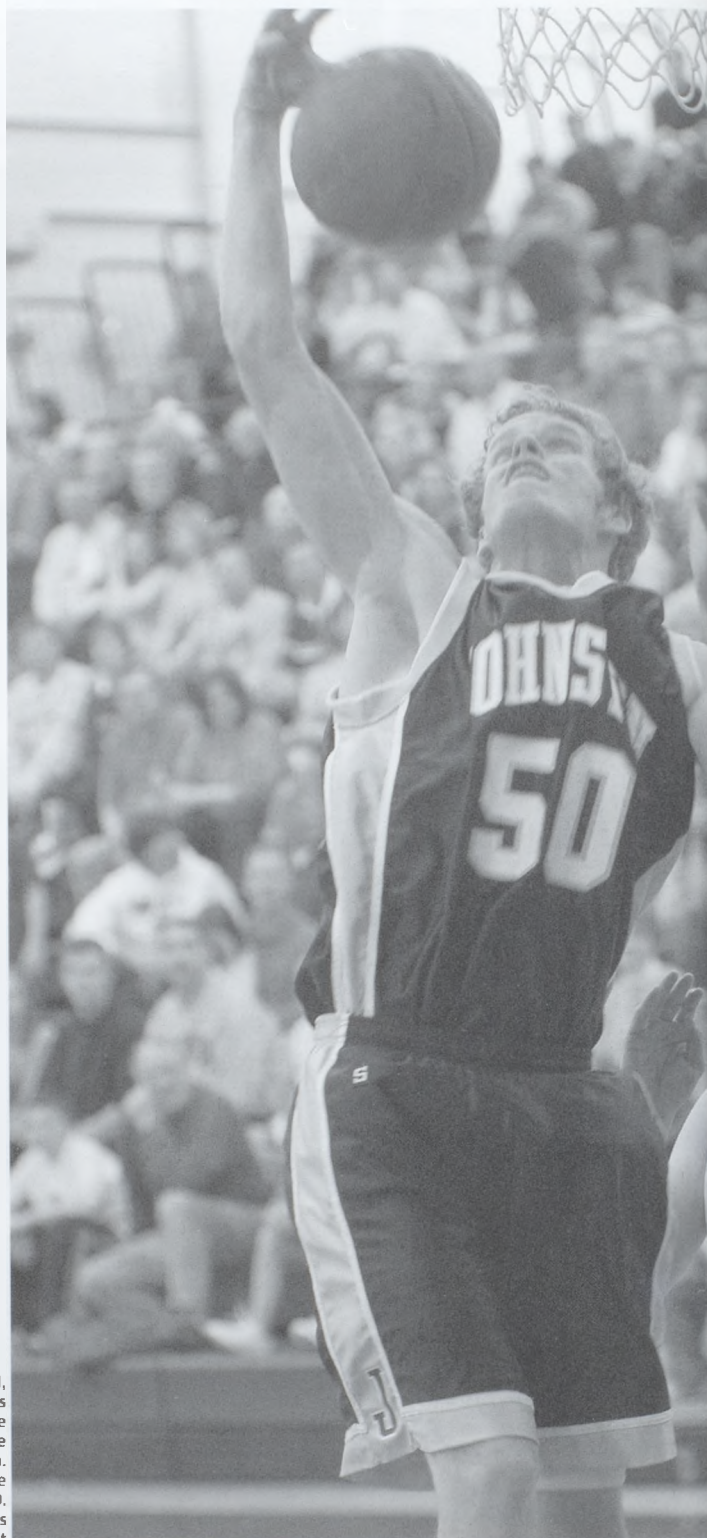
to take responsibility for their own actions. Very seldom does a game come down to one call and we have to take care of business on the court," coach Jeff Simpson said.

With the win against Urbandale, the squad advanced to the sub-state final against Ankeny, which they lost 87-63. *spread by Nate Gonner and Scott Sauber*

reeling it in

Ripping down a rebound, senior Brian McCrea pulls down the ball before powering back up to the hoop and scoring a layup. McCrea was third on the team in rebounds with 79. McCrea had seven boards in the win over Ankeny at the Hawks' home court.

photo by Andy Pullen



boys' basketball *game shots found on page 150*

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photo by Andy Pullen

longue-tied

Splitting the defense with his tongue out, Junior Joel Quick tries to score a layup between two J-Hawk defenders. Quick was fouled and he made one of his two free throws. "Urbandale has a lot of good guards that are hard to play against," Quick said.



overpowering

Rising up to the hoop with an Indianola defender's hand on the ball, sophomore Chase Baumgartner's shot gets halted in mid-air. He pushed the ball to the hoop and banked it in. "Indianola was a tough team because they hit all of their free throws," Baumgartner said.

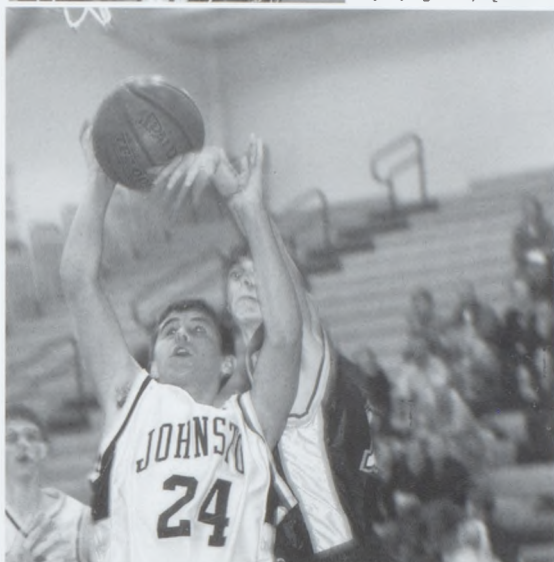


photo by Scott Sauber

up and over

Soaring high over his Ames opponent, sophomore Brent Barz shoots a fade-away jumpshot over Austin Arnaud of Ames. Barz led the team with 336 points, 3.8 blocks per game and made first team Central Conference.



photo by Scott Sauber

going inside

Breaking to the basket, senior Kory Ross drives past Urbandale Junior Nevin Conlon. Ross was second on the team in three point percentage with 41%. "We matched up well with Urbandale because we had similar strengths and weaknesses," Ross said.



photo by Andy Pullen

Zach Cooper VERSUS Ryan Sievers Best non-Urbandale game

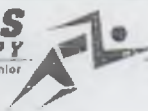
"The Dowling game was the best game besides the Urbandale. We went into overtime against them and it was really close in overtime. The crowd helped pump up the team up in overtime and it helped us get the win."

"The best non-Urbandale game was definitely the Fort Dodge game. It was the first home game of the year and the atmosphere was crazy. People were wearing jumpsuits and the crowd was going wild. It went into overtime too."



sports

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111

One last Shot

Team falls short of state by losing a heartbreaker to Ames

Quickly coming off a screen, who else to take the final game-tying three than senior Lori Bjork? Down by three points with seven seconds left, Bjork had to go full court for the last shot against Ames in the sub-state final. She barely got her shot off, the ball seemed like it was going in, but stunned the crowd as it rimmed out. Making that shot would have won them the game and taken them to state for the first time since 1935.

"I definitely wanted responsibility of taking the last shot. I wouldn't have wanted to put that on anyone else's shoulders," Bjork said.

As a member of the All-State team, Bjork was one of the top five best players in Iowa. Having a starter as good as Bjork for four years, Rich Gradoville, varsity head coach, felt it was due for the team to make state.

According to Gradoville, it would have been a great accomplishment to make state, not just for Bjork but for the team.

"It would have helped Lori in earlier years, but

considering the fact that she already signed with Illinois University it was more about the team's goal. Every team has the goal of making it to state," Gradoville said. Instead, the team had yet another disappointing end to the season.

Junior Liz Sigmund said, "It would have been nice to make it. I feel bad for our seniors because they were extremely disappointed. Bjork deserved to make it to state more than anyone." spread by Logan Koch and Andy Pullen

photo by Andy Pullen



taking a shot

Senior Lori Bjork shoots the ball over the outstretched hands of her opponent at Urbandale. Bjork made first team All-State and scored 31 points against Ankeny, who was ranked second in the nation and later became state champion.



photo by Andy Pullen

hittin' the boards

Out jumping her opponents, senior Hannah Miller grabs the ball for an offensive rebound.

"Rebounding is very important in a game, because they give you second and third chance opportunities to score," Miller said.

girls' basketball

group shots found on pages 150, 151

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P.O. Box 448 Johnston, Iowa 50131



ALAN SWETT, D.D.S.

CHRIS McDONALD, D.D.S.
COSMETIC, LASER and GENERAL DENTISTRY

photo by Andy Pullen



contested shot
With her opponent stopping her drive, sophomore Micah Casey shoots a jumpshot. Although Casey felt that shooting the ball well was important, she felt that playing as a team was just as key in winning.



photo by Andy Pullen

hustling

Junior Kelsey Brown fights for the ball with an Urbandale adversary. Brown felt that the season had its highs and lows, but ended roughly. "Getting so close to state was very disappointing for the team. Most of us felt like we could go places this year," Brown said.

going to the line

Junior Abby Green focuses while shooting a free throw against Urbandale. "During a game, free throws are very important shots. They can win or lose the game, depending on how well you shoot," Green said.



photo by Andy Pullen



photo by Andy Pullen

ball control

Focused on not losing control of the ball, junior Libby Reichling stands her ground. Reichling felt that it was more difficult to hold her own on varsity because, compared to JV, there was an increase in size and aggression of the opposing team.

Abby Davis **VERSUS** Julia Rude

High tops vs. low tops

"I prefer high top shoes rather than low top shoes mainly because the ankle support with high tops is better. In basketball there is a lot of stopping and going, and with high tops it is easier. I also think that high top shoes are more comfortable."

"I prefer low top shoes because they just fit me better and I think that they are more comfortable. I have been wearing them all my life for basketball and I also think that they just look better than high top shoes."

sports

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Switching up their routine

New
choreographer
helps
put a
spark
back in
the girls'
step

Tensions ran high as the cheer squad prepared to perform their new routine at the state competition. The girls went to the center of the floor as silence filled the gym. Then the music started and their routine began. The girls performed handsprings and back-flips as the crowd cheered them on. They ended the routine by constructing a pyramid. The music ended and the crowd roared in support.

This was just one of the new routines the squad learned while working with new choreographer Lance Stolltenburg of Elite Cheer, an organization in Nebraska. The girls decided to change choreographers when most of the squad left the

Iowa All-Stars cheer group, where their former choreographer was a coach. "Many of us quit Iowa All-Stars because it was getting very stressful and the coaches were making us do the same old routines," junior Dani Martinson said.

Stolltenburg taught the girls various things including new stunts, tumbling and jumps during their cheer camp over the summer. "We liked the stuff

that Lance was teaching us because it was new, and we were the only squad to use him," senior Brittney Hibbs said.

With the new stunts, the squad went on to win second place in the state competition. Although they were happy with their performance, the squad considered returning to their old choreographer. "Some girls might join back with Iowa All-Stars, and we had a difficult time visiting Lance in Omaha," Martinson said. *spread by Nate Gonner and David Zorn*

photo by Kristin Boscaljon



pounding

Sophomore Jenny Hahn supports the boys' wrestling team with the rest of the cheerleading team. "Wrestling cheerleaders interact with the team a lot more than in other sports," Hahn said. "We're around the athletes a lot more. It's a lot more personal when you travel with the team so much."

pride

Junior Ashley Meade cheers from the soul for the boys' varsity basketball team. "To me, the cheerleaders' main goal is to pump up the crowd, who will pump up the players in return," Meade said.

photo by Andy Pullen

cheerleading

group shots found on pages 151, 152

photos by Andy Pullen

supporting

Varsity basketball cheerleader Liz Hilby, senior, pumps up fans with the new routines she learned from the Omaha choreographer. Hilby said, "The Omaha camp helped our routine a lot. We worked on a lot of new material, and it was really one-on-one."



photo by Andy Pullen

showing spirit

If frowning really does cause wrinkles, sophomore Rachel Winterbottom has nothing to worry about. A lot of work had to be done preceeding the flashing of those pearly whites. "I don't think most people realize how much work the cheerleaders put into their routine," Winterbottom said. "There is a lot that goes into it that people don't see."

full-time

Senior Mikaela Donaldson bundles up for some enthusiastic football cheering in less than preferable conditions. "It's not really that bad (cheering in cold weather) because we have warmers and stuff," Donaldson said.



photo by Aaron Simpson

go team

Propped up by her fellow teammates, Junior Abby Dierks pumps up the crowd. Dierks enjoyed cheerleading because it let her get to know the girls on her squad while giving her something enjoyable to do.



photo by Andy Pullen

Alicia VERSUS Emily Watrous O'Keefe

New choreographer

"He was really enthusiastic and we liked the new routines that he taught us. It was nice to learn something new for a change because our last choreographer did the same routine over and over."



"We paid him a lot of money to help us with a certain routine and we had to learn it all by ourselves. He was also hard to reach since he lived in Omaha and I didn't like the music that he chose for our routines."



sports

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filling the Holes

Team struggles to fill top spot, still manages to get to state

It's Saturday morning and the team can finally sleep in after five straight days of running in the morning. The team's practices were scheduled every Monday through Friday, each starting at 8 a.m. over the summer.

During the off-season, practices seemed to be helping everyone except for senior Daniel Gillaspey, who was one of the team's top runners. According to Gillaspey one of his legs is longer than the other, leaving more stress on one leg.

"I didn't do any running over the summer because it was too stressful for me. The most I could do for conditioning was swim," he said.

He didn't just struggle through the off-season, but the whole season as well. "Running is very hard on me, and I haven't recovered yet, so for the most part I am done running," Gillaspey said.

The loss of a top spot left a hole that the team was forced to fill. "It was extremely tough. But we didn't fill it with just one runner. Our whole team is filled with quality runners,"

junior Alex Kron said.

Despite the loss of Gillaspey, the team made their third straight trip to state.

"They are a fun bunch of guys and they all have fun together. That itself is what kept the team motivated, it came from within the individual runners," coach Dave Beason said. *spread by Logan Koch and Andy Pullen*

photo by Andy Pullen



gain separation

Leaving opponents in the dust, junior Zach Cooper gains ground on the leader. "The most memorable experience was when (coach) Beason got hit with a football," Cooper said. "I had never seen him get that (ticked off)," Cooper said.

boys' cross country *group shot found on page 152*

keeping it up

Summoning up reserve energy, junior Nathan Peterson tries to stay ahead of his opponents at the Valley Invitational. "I joined cross country because I wanted to stay in shape for track, and I didn't want to go out for football so this fit me best," Peterson said.

photo by Andy Pullen



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photo by Andy Pullen

pass em up

Focused on getting ahead of fellow runners, team captain Erik Holt, senior, puts on a burst of speed. "The main thing that motivated me while I was running was all the JV players, the fans and the coaches," Holt said. "It's just special for us seniors to end the season with this streak going."



photo by Andy Pullen

leading the pack

Taking charge of the situation, senior Zach Swoyer gains an edge over his opponents by speeding around a corner. "A lot of guys have really improved and developed this year due to our practices, and the fact that Beason knew what he was talking about," Swoyer said.

prepping himself

Lacing up his running shoes, sophomore Nick Scholten prepares for the upcoming JV race. "Before every varsity race the JV runners planned out where cheering would be needed the most, and all the runners spread out to those spots. Most of us would be sent to the start or finish," Scholten said.



photo by Andy Pullen



photo by Andy Pullen

finish strong

With the finish line approaching, senior Jake Haden reaches deep for his last bit of energy. Inches from the end, he stretched forward to separate himself from his last remaining opponent. Haden was running at the Indianola Invitational located at Otter Creek.

Ben Morrill **VERSUS** Jeff Rasmussen

Summer practices



"It just seemed to me that I could never really find time to go over the summer. I was always busy and I just never ended up going to any, so I don't really know if they would have actually helped me out that much."

"I didn't run over the summer and I really regret it because everyone improved so much. I was just too lazy and it was optional. But it really helped most people so I am definitely going to run this next summer."



sports

Go Dragons!

From the **Boys Cross Country Parents**

To Dance or to run

Homecoming
week
clarifies
girls'
commitment
to team

Attending the homecoming game and dance or running in a meet at Minnesota State University was a decision that left coach Patrick Hennes with three original varsity runners. Because the meet was on Sept. 25, the same day as the dance, the rest of varsity chose to stay.

According to Hennes, he could take 10 runners with him and he was not upset that seven of them were on the junior varsity team. "I was glad to have girls who hadn't had a chance to run at a varsity level to be able to," he said.

The girls that went to Minnesota placed eighth in their division.

"It (competing in Minnesota) showed a lot about the girls and their strength," Hennes said. "I was very happy to get eighth place out of 34 teams when we weren't at full strength in terms of varsity."

Berhane Traylor, senior varsity runner, stated that she did not go to the meet because of homecoming week. "I did not want to

miss my final dance," she said. "Otherwise I would have gone."

In order to see how fast the college girls ran in comparison to their team, junior Robyn Norris, JV runner, decided to attend the meet. "I also wanted to go to the Mall of America," she said.

Even though it was hard for Norris to miss the dance she did not regret her decision. "We had a lot of team bonding," she said. *spread by Chelsea Smith and Stacie Schafer*

photo by Stacie Schafer



off to the races

Rounding the turn, junior Kelsey Dicken battles to gain another position. According to Dicken, running the six-mile bike trail during practice was the most difficult aspect of the season.

girls' cross country group that found on page 152

pushing the limit

Accelerating forward, junior Jessica Mitchell strives for the finish line.

Mitchell stated that running was harder mentally rather than physically. Mitchell said, "Your body will always keep going, but you have to convince you mind to do so also."

photo by Chelsea Smith



Go Dragons.

from the girls' cross country partents

Go Dragons.

photo by Chelsea Smith

teamwork

Pinning their numbers on, sophomores Meredith Manning and Sarah Schultz prepare for the next race at Ames. Both agreed that a highlight was the eight hour relay, which was held at the school track in conjunction with the boys' team and was intended for bonding and exercising.



photo by Stacie Schafer

sole determination

Junior Ashley Williams swiftly passes the competition. Williams stated that many of her friends quit the team and her goal was to finish the season out. Williams said, "I also wanted to try my hardest, and I did that by improving my time by over four minutes."

payoff

Showing off her twenty-first place ribbon, junior Emily DePenning discusses her performance at the Urbandale meet with coach Chris Siewert. DePenning described the coaches as hilarious. "The funny stories that they told us on our long runs made the time go by so much faster," she said.



photo by Chelsea Smith

leading the way

Crossing the one mile marker, senior Lori Bjork competes in her final season. Bjork described the season as an exciting adventure. "After we got beat by Urbandale, our team made a goal to catch up with them," Bjork said. The team finished in seventh place overall.



photo by Chelsea Smith

Chelsey Beason VERSUS Tara Blutt Saturday morning practice

"I didn't attend the Saturday morning practices because they were optional. Since the practices were at six in the morning, I didn't really want to get out of bed. It probably would've helped me in the long run if I did attend them."

"I went to the practices because they helped me become physically fit but it also gave the team a chance to bond. I thought of it as mandatory practice. It was pretty fun when Coach Hennes brought us food for when we finished."



sports

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New Addition

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commotion

First male
member
attracts
new fans
and new
styles of
dancing

Different. That was the word chosen by many to describe the addition of a boy, senior Earl Harmon, to the dance team. "It was different, but a lot of fun," coach Megan Helmers said. "It definitely raised the profile of the dance team."

There were many questions as to why Harmon joined the team. "I liked to dance and I thought if I joined the team I could help to liven it up and get more fans," Harmon said. According to Helmers, Harmon brought the chance to do unique things.

With the addition of a male member to the team came some changes. "We had to change the style

of our choreography from feminine and cutesy to more hip-hop so that it worked for both Earl and the girls," Helmers said. Harmon also brought with him some things the girls couldn't do: he was a gymnast and could do different tumbling tricks to spice up the dances.

During the end of the month of March, a few weeks before the team's final show for the year, their Spring Show, Harmon moved to

Waterloo. Senior Kayla Lewis said, "We had things worked out for the show and we had to change them (to incorporate Harmon). Then after he left we had to change things again." According to Lewis, although the girls were a little frustrated by Harmon, they worked around the situation and were sad to see him go. *spread by Dani Martinson*

photo by Andy Pullen



eye-catching

Senior Earl Harmon works his stuff during a hip-hop dance to "Rosa Parks" at halftime of a football game. For this dance, the team made trucker hats with their names on them and sold them to the crowd for a fundraiser.



photo by Andy Pullen

frightening

Freshman Jessica Gambrel wears a disturbing mask while performing during halftime of a football game. Gambrel was not very fond of this Halloween dance performed by both the varsity and JV teams. "I didn't really care for it. It was kind of weird. It was one of our first dances. What a way to start off the season," Gambrel said.

dance team

group shots found on page 152

teaching

photo by Dani Martinson



Junior Alison Langston instructs the second and third graders at a dance camp held on April 16 at the middle school. The camp was for girls second through seventh grade. After practicing all day, they took the stage and performed the dances they learned for their parents.

patiently waiting



photo by Dani Martinson

Junior Nathalie Hurm waits to hear the start of the music and begin the pom dance "Reload." When the dance team competed "Reload" at state, they did not place. Hurm was disappointed by the score they received. "This was our strongest dance. We thought it would do the best and when we didn't place everyone was very upset," Hurm said.

enthusiasm

Grooving to the music, eighth grader Beckle Scott performs with the JV team during halftime of a basketball game. Scott remembered one time the team was performing and they had problems with the music.

She said the music was started late and then they stopped it to start it over.

However, when it was started over it was then stopped too soon.



photo by Dani Martinson

beaming



photo by Dani Martinson

Wearing a grin from ear to ear, senior Sonja Spray poses during a dance performed at the Spring Show. Spray's favorite memory of the season was receiving the spirit award at the dance camp held at Buena Vista University. "We all got along really well as a team at camp," Spray said.

Abbey Gessmann VERSUS Christa Beason Fundraising money



"I think our money should have been spent for a choreographer to make us better at state rather than Las Vegas. We didn't do very well in Vegas and I would have rather done well at state."



"I think if it would have been brought up sooner to get a choreographer we could have done more fundraising. But we had been talking about going on a trip to Vegas since last spring."

sports

Playing for Pride

Players
stay
positive
after
sub par
season

Frustration was evident on the Dragon sideline. All the players could do was watch as the final seconds ticked away. Five... four... three... two... one. Game over. They took a glimpse of the scoreboard as they left the field. Roosevelt 33, Johnston 14. "Losing our homecoming game to Roosevelt was tough, because it was our first loss at home and one of our goals was to go undefeated at home," senior Stephen Ites said.

Though the Dragons were out of playoff contention with a record of 3-6, many of the players tried to keep a positive outlook on the rest of their games. "We played the last three games for pride, and tried to ruin other people's seasons," junior Grant Hayward said.

A thing they did to improve the pride of the school was picking up trash in the halls.

"Picking up trash was good for our school because it kept it cleaner," junior Patrick Klopfenstein said.

One of the high points of all the games was victory over Urbandale 22-21. The Dragons overcame a 14-point deficit in the fourth quarter to beat the J-Hawks after the game-winning field goal by senior Steven King. "The win against Urbandale was a nice way to start the conference season and to do it being down the whole game and to come back and win with 14 seconds left was incredible," coach Brian Woodley said.

spread by N. Gonner and A. Pullen

photo by Andy Pullen



kick it

Senior Steven King punts the ball during the homecoming game against Roosevelt. King and junior Spencer Reed switched off punting and kicking duties throughout the season because of injuries sustained by King.

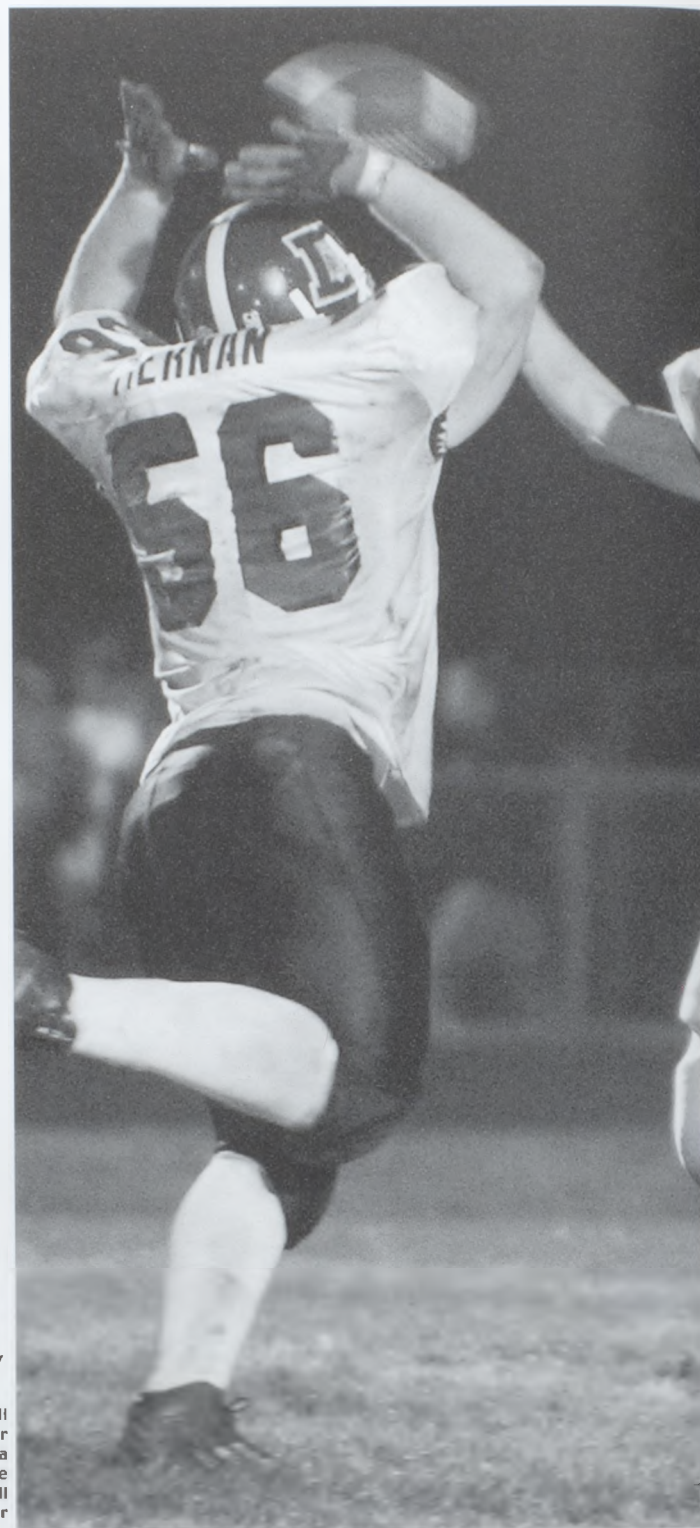


photo by Altan Simpson

hurried

Getting rid of the ball before he gets hit, senior Brenden Furrow throws a pass at the last home game against Dowling. The ball was thrown to senior Brian McCrea, but was intercepted for the third time in the game.

football

group shots found on page 153



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tackled

Trying unsuccessfully to shake off two Dowling opponents, Junior Dustin Van Zee attempts to pick up a few yards. Van Zee played tailback on JV and special teams for varsity. "Playing varsity is a good opportunity, regardless of position," Van Zee said.



photo by Andy Pullen

breaking one

With a look of rage in his eyes, senior James Evans runs past a horde of Ankeny defenders as he follows blocks down field. Evans was the starting tailback for JV. "The good thing about playing for JV was that it gave me more field time. I scored my first two touchdowns on JV," Evans said.



photo by Andy Pullen

feeling pressured

Feeling some heat from the Urbandale defense, Junior Trevor Holt decides to get rid of the ball. The pass was completed for a first down, and kept the drive going. Holt earned a CIML team award as the JV starting quarterback.

hurt, not injured

After getting hurt on the previous play, sophomore Connor Elmitt gets help from two trainers. Elmitt, who was the starting quarterback for the sophomore team and played some quarterback for JV, didn't sustain any injuries and returned to the game.



photo by Andy Pullen

Mike Slusark **VERSUS** Brandon Betz

Best game of the season



"It was Indianola because it felt good going out on a win. It was nice to see everyone get some playing time and it felt like everyone was on the same page during that game. It was nice to beat someone away from home."



"It was definitely Urbandale because that was when we worked the best and we were all pumped up and had all the momentum. It felt good to beat our rivals because they didn't respect us. It was also nice to show them up in front of the home crowd."

sports

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"Boys that I have, compared to girls, are more competitive and more involved outside of the school setting," Smith said.

The boys fell six strokes short of qualifying for state. They were disappointed, but Buster felt although they didn't make state, they were better as a team.

left short

edited by Ewan Schemm

boys' golf

group shot found on page 153

4127 University Avenue Des Moines, Iowa 50311

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photo by Evan Stone



driving deep

Hitting toward the green, sophomore Jordan Olson lands the ball on the fairway of the third hole to set him up for his next shot. The team lost the meet against Ankeny, but ended the season with a 13-7 record.



photo by Andy Pullen

chip shot on

Landing a short stroke, Junior Calvin Vernon settles the ball on the green in the meet against Urbandale at Jester Park. Vernon missed the chip but putted the ball in the hole on his next stroke.

reading the green

Junior Jake Baltzley carefully sets his ball on the green in the meet against Ankeny. "This was my second year on varsity and I felt that we did good even though we lost our top varsity players," Baltzley said.



photo by Evan Stone



photo by Andy Pullen

teeing off

At the top of his backswing, sophomore Collin Coughlon prepares to hit the ball down the middle of the fairway at a JV meet. "I did a lot better than I thought I would this season. I made a spot on the JV team," Coughlon said.

Kyle MENTZER VERSUS Chris WILLIAMSON

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sports

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A Tale of two teams

Junior varsity dominates competition while varsity struggles to get a win

Peering out across the golf course, junior Nicole Jansen prepared to tee off. She grabbed her three wood out of her bag, took a practice swing, and then lined up her club with the ball. She swung and watched her ball shoot off the tee and land in the center of the fairway.

That was the way JV season went. They dominated the competition by only losing one meet in tournament play. "It was exciting because we were undefeated and varsity was defeated, but we did lose one game," Jansen said.

photo by Evan Stone



driving deep

Freshman Kate Dickey tees off from the eighth hole at Jester Park. Dickey was the only freshman on the varsity team. "Being the only freshman on the team means a lot and I'm very excited to play with them," Dickey said.

Many of the varsity players were very impressed by JV's accomplishment. "I was really proud of the JV team. Varsity didn't do so well but JV did an excellent job," junior Jessica Upton said.

As for varsity, they struggled to find their groove. Their top player, senior Lori Bjork, joined

the team halfway through the season. "When Lori joined the team some people thought that she wasn't going to be good. She proved to the team that she could play golf and became our top varsity player," junior Amanda Kennedy said.

Although the teams had totally different achievements, they had one thing in common: a passion for the game. "I think the players learned a lot this year and they have developed more of a passion for the game," coach Steve Smith said.

spread by Nate Gonner and Evan Stone

approach shot

Peering out over the tenth hole, senior Katie Battani prepares to hit her Nike ball down the fairway. Battani was shooting her third shot and ended up shooting one over par.



photo by Nate Gonner

girls' golf group shot found on page 153

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photo by Amanda Kennedy

tallying up

Working diligently, freshman Taylor Bryant writes down the scores of the Johnston Invitational at the Jester Park Clubhouse. Coach Steve Smith had asked if Bryant would record scores and she agreed to.



in-game strategy

Senior Alyssa Mueller carefully reads the green before putting her ball. "Practices help a lot. We do drills that help improve our skills they pay off during all our meets," Mueller said.



photo by Evan Stone

on the fairway

Hitting out of the rough with her four iron, freshman Lauren Doherty smacks the ball toward the green on hole ten at a JV meet. "Playing at home (Jester) is always easier because we have a lot of practice there. We just know how to play the course," Doherty said.



photo by Nate Gonner

tapping it in

Sophomore Annette Beswick carefully putts in the ball while playing at a varsity practice. Beswick and the other varsity members played during the JV meets on the par three course. "During the practices you can find out your limits and they make our meets go a lot better," Beswick said.



photo by Evan Stone

Alecia Eggers **VERSUS** Elizabeth Janes

Best golf course

"I would definitely choose Indianola's course because it is one of the largest courses that I have played on. It is pretty difficult but it is fun to play on."

"Hyperion would be the best course. It is very nice but at the same time very challenging. The greens were fast. I was making all my putts."



sports

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127

Ending

at the *starting* line

Two
return
from
track for
starting
lineup

Deciding with their futures in mind, seniors Matt Dominguez and Steven King went out for track instead of soccer. Dominguez and King received opportunities to play football at the colleges they would be attending and decided to participate in track to improve their speed.

Halfway through the season, both realized that they made a mistake and wanted to come back to soccer. They missed the camaraderie of their teammates, some of whom they had played with since the age of seven.

photo by Megan O'Toole



throwing in

Senior Matt Dominguez tries to keep possession of the ball by searching for an unguarded teammate.

Later in the game, Dominguez received a yellow card for a comment that he made on the sidelines waiting to throw another out-of-bounds ball in. By rule, Dominguez had to sit out for the rest of the half, but only one minute remained.

When King reconsidered soccer, head coach Matt Todd was nervous and didn't know how the team would receive the return. "It's hard when they're not there the whole season and they would be taking playing time away from some players who were there," Todd said. Todd also left part of the decision up to the team.

With their approval, Dominguez quit track and was the first to return to soccer. He wore injured junior Peter Blutt's number three jersey. "It was nice to have Matt back. He's a good player for the team," Blutt said. Junior Matt Brown also didn't mind sharing his starting forward position. Seeing Dominguez return, King soon followed Dominguez in rejoining the soccer team, though he chose to also stick with track. "I had fun with track and didn't want to let them down," King said.

spread by Megan O'Toole

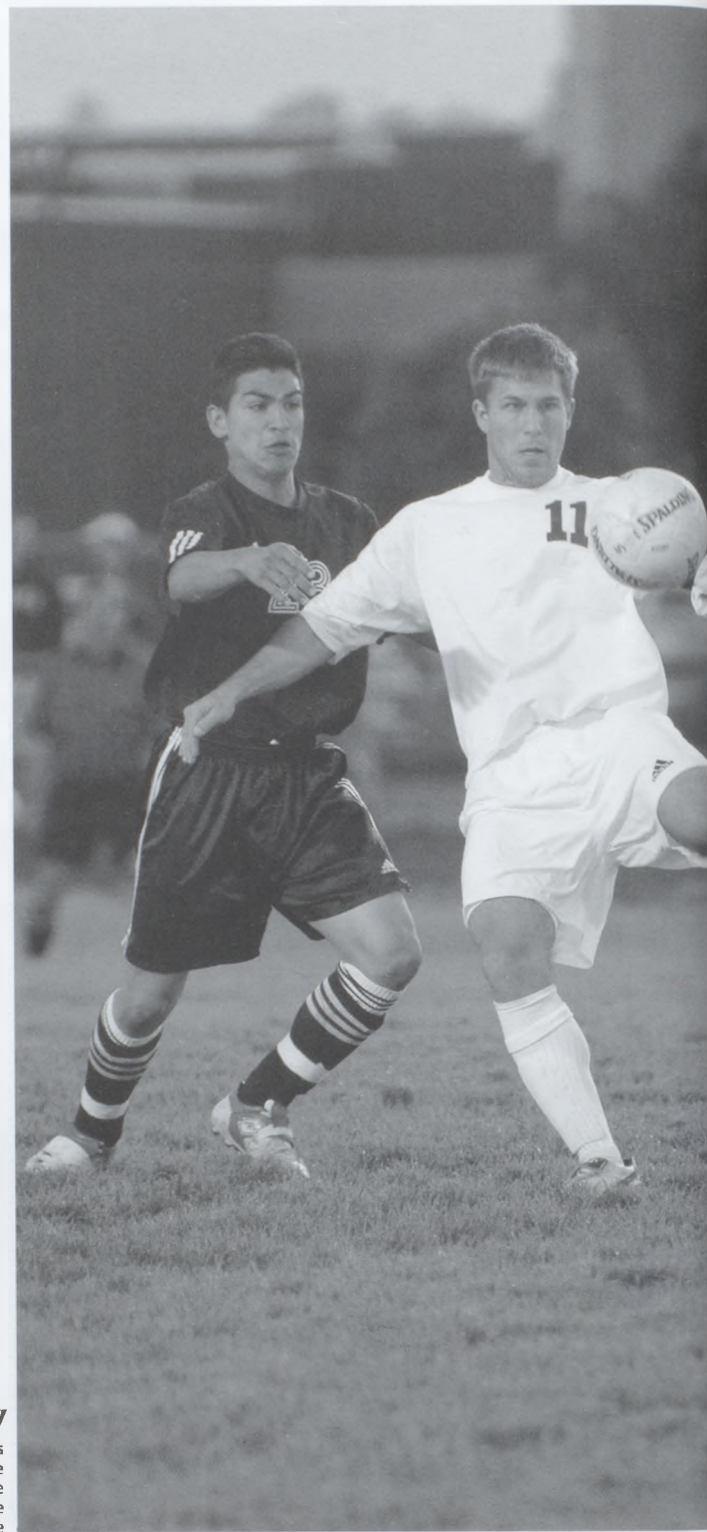


photo by Megan O'Toole

guarding

Senior Reid Baker makes sure he has control of the ball before it hits the ground. Guarding became crucial as the game became tense with numerous incidents of pushing, but in the end East left disappointed with a final score of 3-0.

boys' soccer

group shots found on pages 153, 154

Subject
Skateboards

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photo by Megan O'Toole

moving up

Taking a varsity position for the first year, sophomore Alex Christensen moves the ball up field. Christensen thought that playing with the senior players helped the rest of the team to be stronger, harder and more physical players.



photo by Megan O'Toole

striding

Trying to interfere with his opponent's plans of getting rid of the ball, senior Mike Mertz fights to ensure his team's progress against Ankeny. They fought the entire game and were only able to gain a one point lead, with the score resolving at 1-0.

fighting

Sophomore Brian Smith throws his hands out of the way as to not get a foul while fighting for possession of the ball. The game against Ames was held at the Johnston Soccer Complex, where they won 2-0. Games were often held at the Complex or at James Cowrie fields in Des Moines when other spring sports were held at the school fields.



photo by Megan O'Toole

over the speakers

Senior Tom Raese, a German exchange student, walks across the track with Steven Jacobsen, his host father, during senior night. In his time at Johnston Raese played on the JJV team. The announcer continued to read that Raese would be returning to Germany at the end of the year "to enjoy life."



photo by Megan O'Toole

Ben Scott **VERSUS** Gary Ross

New yellow card rule



"It's ridiculous because the refs hand out yellow cards like it's candy. Even though they raised the level of punishment they still hand them out for bogus reasons or for misunderstandings even when it's a judgement call."

"I think naturally you're going to have fewer kids getting red cards. They have to sit out half the game so they have less time to get a second offense. Sportsmanship has been a focus area for us anyways so it didn't make a big difference."



sports

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Three starters Lost to injuries

Team's
determination
to overcome
loss of three
players
helps build
confidence for
further games

The most common injury in female soccer players, tearing the ACL, left the team short three starters. "Whenever you lose starters it changes the dynamic on the field," assistant coach Alicia Rollison said. "We lost some really key positions and so it takes a lot of rearranging."

According to Rollison, after the injuries of sophomore Meredith Manning and junior Kelsey Brown, the team had to do some replacing with new people.

"In a way I still feel like I'm part of the team. I want to support the team and I love everyone on it," Manning said.

The team was tested without all of its starters against Ames. "Ames was a shock. We shouldn't have lost," Rollison said. "It was the first game where we realized it's really different without Kelsey and Meredith."

The same situation happened at Urbandale, leaving the team with another loss. After beating Roosevelt and tying Valley,

ranked number one in the state, the team's confidence rose, until Ankeny. In that game they lost one of the starting forwards to another torn ACL: sophomore Becky Heffling.

"That really took the wind out of their sails," Rollison said. "We know we can play with better teams, but on the other hand, we made a lot of mistakes that could have been avoided."

spread by Chelsea Smith

photo by Chelsea Smith



supporting

Injured soccer players junior Kelsey Brown and sophomore Meredith Manning sit on the bench while supporting their fellow teammates. Both of them tore their ACLs at the beginning of the season and were not able to play.



photo by Chelsea Smith

best shot

Junior Abby Lewton, JV player, fights to keep the ball in her control. The team won against Indianola with a score of 6-0. According to Lewton, her favorite parts of the season were the games. "I get to hang out with my friends and they are a lot more fun than practices," Lewton said.

girls' soccer group shots found on pages 154, 155



5500 Merle Hay Road Johnston, Iowa 50131 (515) 276-5111



photo by Chelsea Smith

determination

Stealing the ball for her team, Junior Kelsey Dicken heads for the goal. "We won a lot more games last year," Dicken said. "This year's a lot different because we have to get used to switching people around."



photo by Chelsea Smith

struggling

Senior Dani Postel tries to get the ball from the opposing team. "It's been a great season so far," Postel said. "We've had a few disappointing losses that we shouldn't have had in the beginning, though."

endeavor

Losing the game to Dowling 1-2, sophomore Amanda Lower steps it up a notch. "It was disappointing because I thought we were going to win," Lower said.



photo by Chelsea Smith



photo by Chelsea Smith

striving

Throwing the ball back onto the field, senior Megan Ware gets the game started again. "I have made a lot of friends on this team and I'm going to miss being able to play competitively with everyone," Ware said. "I think I'm just going to play Intramural in college next year."

Beth Hangan **VERSUS** Tayler Vestal Shin guards



"I have had my navy blue and gold Adidas shin guards since fresh-man year and I cannot get rid of them because it's a superstition I've had. My shin guards are pretty tall because I trip myself a lot on the field."



"I hate big shin guards. The ones I have aren't as heavy and they feel like there's nothing there. Usually, I wear my Adidas ones that are about six inches tall, but when there's a length requirement then I have to wear my Cobra ones."

sports

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of tough competition

Team bonding tops off perfect record at elite tournament

Sill in the dawn of their season, varsity packed up and took its show on the road, traveling to an elite Iowa City tournament June 11-12. The experience, according to players and coach Todd Merical, was successful both on the field and off.

The tournament was held on the University of Iowa field, a thrill for players and coach alike. The girls defeated all four opponents, including three teams ranked among the state's top ten. "Our team had this 'we're not going to lose' attitude," junior Sarah Peppmeier said. "Everyone else was ranked and we weren't, so we had nothing to lose."

photo by Aaron Simpson

let 'er rip

In a burst of force, senior Mindy Schoop lets one fly. Schoop said she pitched about three-fourths of the varsity games. She had been pitching since age nine, and according to Schoop, those years paid off. "(Pitching) is a talent that not everyone can do," she said. "It takes a lot of work, time and effort. It doesn't come naturally."



earth," she said.

"The girls really seemed to gel during that time," Merical said. "They got to see each other in a little different light."

Following their 4-0 performance in Iowa City, the team advanced to the regional finals, where they lost to Dowling 2-1 and ended their season with an overall record of 35-17. *spread by S. Bendixen*

After the first day, the team stayed at a hotel. Junior Mackenzie Lang said, "The overnight really helped us bond as a team and helped us play better. It gave us more confidence."

The trip created other benefits, too; according to Peppmeier, relationships were also improved. "A lot of girls on my team that I thought were stuck up or didn't get along with, I learned are really down-to-

batter up

About to make contact, senior Hannah Miller takes a swing. For Miller, a highlight of the season was team bonding. She said she enjoyed the numerous pasta dinners and the trip JV and varsity took together to White Water University.

photo by Aaron Simpson



softball

group shots found on page 155

photo by Afton Simpson



strike one

Sophomore Jullana McCoy is frozen with the ball in her grasp in a JV game at Valley. McCoy thought the main disadvantage of being the catcher was that "you get hurt a lot." She had broken her finger the year before in the line of duty, and said it still hurt when she played catcher.



photo by Stacie Bendixen

run for it

Intent on her target, senior Jessica Hoover sprints toward first base, leaving her bat in the dust. Hoover said the girls saw this home matchup against Urbandale as a continuation of the teams' "neighbor rivalry."

set for takeoff

Sophomore Emily Kuster takes her turn at bat for JV. According to Kuster, two of the team's strong points were good communication and teamwork. "We had a lot of positive cheers to let people know you're there for them, whether you're playing center field or up to bat," Kuster said.



photo by Afton Simpson



photo by Tyler Swett

john hancock

Signing a team poster, junior Jenna Jewell makes a young fan's day at Johnston Girls' Softball Association night, along with senior Erin Newbury. The event was held during a home game against Ankeny. "They gave out our team poster and all the little girls would come up and give us pens and ask us to sign them," Jewell said. "It was pretty cool how they looked up to us."

Sara Embrey 2005 VERSUS 2007 Cassy Clark

New chin straps on helmets

"The purpose was to hold the helmets on so when you would slide or run they wouldn't fall off. It was fine for me because I wore mine tight enough, but there were some girls that hated them and didn't benefit because they didn't wear it right."

"When we first got them they were a pain because when we went up to bat they wouldn't hook right away. We'd have to help each other, and with our batting gloves on it was hard. We got used to it after a while, though."



sports

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Top of the Line addition

\$2.5 million pool at Summit brings not only new confidence but new appreciation to Johnston

Eight lanes, a state-of-the-art gutter and filtration system, 500-plus seating capacity with deck space and new, unique lighting designed to not affect a swimmer's eyes could be found at Summit Middle School's pool, built in the summer of 2004.

"The new pool has drawn a lot of energy to the team and that has helped. It has brought a lot more association to Johnston," coach Shari Walling said.

The pool not only brought more excitement and involvement to the school, but according to junior Sam Schroeder it may have been responsible for all the new people joining the team. "We had almost

no people that joined the team last year, but this year we got a huge freshman class and with all the talent that we had that returned from last year it helped us win conference for the first time in team history," Schroeder said.

Junior Ben Hokschi liked the fact that the team could now hold meets in Johnston compared to Urbandale, something that the team could never do before.

Even though moving from Urbandale to Summit was quite a transition, it proved to be worth it. Senior Tyler Swett said, "It just feels good to be swimming in that pool after swimming in the Urbandale pool for the last three years." *spread by Logan Koch and Andy Pullen*

photo by Kristin Boscaljon



gettin' air

Junior Sam Schroeder leaps into the water at the Summit pool before his race. "I liked to make silly poses when jumping into the air before races. It helped me deal with some of the stress before swimming in a race, so I could be more relaxed," Schroeder said.



photo by Kristin Boscaljon

gasping for air

Emerging for a breath, senior Ben Morrill swims the 100 meter breaststroke at Summit. It was Morrill's first year in swimming. "I decided to go out because I wanted to get in shape. Some of the swimmers also talked me into it," Morrill said.

boys' swimming group shot found on page 155

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photo by Kristin Boscajian



a quick turn

Senior Tim Sanders takes a breath before pushing off for another lap. "At the beginning of the year, I wasn't very good at turning. I worked on it a lot during the year and I was surprised how much it improved my overall time," Sanders said.



photo by Andy Pullen

popping up

Freshman Steven Crang surfaces for air during the 100 meter breaststroke against Roosevelt. Crang felt that the most memorable event was winning conference. It was the first time in team history, and they won by one point.

making strides

With a look of intensity on his face, senior Tom Raese swims the freestyle against Roosevelt. Raese was a foreign exchange student from Germany, and had never swam as a sport. He lived with classmate John Jacobsen, senior.



photo by Andy Pullen



photo by Kristin Boscajian

burst of speed

Participating in the 200 meter freestyle, junior Cory Weaver, an Urbandale student, gives his all at Summit. "We were very fortunate to have a pool as nice as we have. It was designed by the same person who designed the pool used in the (2004) Olympics," Weaver said.

Brandon Swett **VERSUS** David Hughes Hair vs. Shaved



"I prefer having my hair rather than my head being shaved mainly because my head always gets cold in the winter time. Having hair doesn't really slow you down when swimming; it's all mainly mental."

"I like having my head shaved because it feels cool and smooth. The shaved head also attracts the ladies. In the water it just makes me feel faster for some reason. It's less annoying because you don't have to worry about hair in your face."



sports



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new Coach, new weapons

'Secret weapons' and modifications in workouts assist in emerging undefeated

Despite a change in their coach and practices, the girls still achieved an undefeated record. "We were undefeated, and we beat Ankeny. That has never happened before," junior Alex Frakes said.

New coach Shari Walling brought changes to the team. "She added the secret weapon," sophomore Annette Beswick said. "(The secret weapon was called) Indian clubs and they loosen up the shoulders." Indian clubs looked like baseball bats that were used to open the lung capacity, stretch the arms, and increase the back muscles.

Weight training was removed from the workout

program. "(Walling) felt that it would not be helpful because we didn't (lift weights) during the off-season," Beswick said.

According to Walling, she concentrated more on anaerobic and aerobic exercises, drills that emphasized stroke technique, and land training. Land training referred to the exercises the girls executed out of the water, including

Indian clubs, sit ups and occasionally running. She focused more on the quality of the strokes and how well the swimmers were performing them, rather than the quantity of strokes they were performing per day.

As well as turning out undefeated, the girls also placed eighth in the state tournament. Overall, they finished with 133 points. *spread by Rebekka Broeker and Shaina White*

photo by Rebekka Broeker



concentrating

Focusing on the task at hand, junior Megan Danielson waits for the right time to dive. She decided to dive after the season had already started. "I think I did good for starting halfway through," Danielson said.

splashing

Speeding through the 200 meter individual medley, sophomore Sarah Mueller shoots down the lane against Southeast Polk. The team won 125-58. Mueller had been swimming for the past two years and planned to continue.

photo by Shaina White



girls' swimming

group shot found on page 155

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photo by Rebekka Broeker

display of pride

The Dragon, sophomore John Kennedy, and the Urbandale J-Hawk hold the flag during the National Anthem. The ceremony was to honor the graduating seniors. They gathered together to celebrate senior night at the last home meet, Oct. 12.



reaching the end

Junior Erica King pushes herself to finish the 100 meter backstroke. "The best part was being undefeated and beating Ankeny, since we haven't been able to before," King said.



photo by Rebekka Broeker

pushing forward

Swimming the 50 meter butterfly, senior Haley Parks pushes to get first place against Indianola. The women won 133-49. Parks was the only senior to swim from Johnston. She had been swimming since she was a freshman.



photo by Shaina White

supported

Sophomore Amanda Hatfield cheers on her teammates as they jet down the lane. "The purpose of cheering was to get the crowd going and we use actions just as much (as words). The actions were to help the swimmers, since they can't hear us in the water," Hatfield said.



photo by Shaina White

Michelle Gillotti VERSUS Katie Luksetich

Dry land training

"(The stations were) medicine balls, sit ups, or jumping at the sound of the whistle to help our reaction time. It did not make that much of a difference and it really did not help me that much."



"(The dry land training program) we went through was better this year than it was last year. I liked the new exercises, especially the Indian clubs. They really helped my back muscles."



sports

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player
makes
state
for second
time in
nine years

Late tournaments are known for their prestige and amount of talent, but some are harder to get into than others, like tennis, for example. According to coach Leslie Shipp, it was an extremely hard feat to accomplish. "In track and swimming, there are multiple events in which you can qualify. In tennis and golf, you only have one shot," Shipp said.

At the district meet at Ames, varsity player Joey Verrant, junior, placed second in the singles division. It was only the third time that anyone qualified for state since the Johnston program started in 1994, and Verrant was the first singles player to qualify since the team went 2A.

photo by Stacie Bendixen

double time

With his arm in the air, junior Joey Verrant serves in the meet against Marshalltown.

He went on to qualify for the state tournament on May 13. "I was happy I made it at all, so I wasn't worried about how I did. Whatever happened happened," Verrant said about his stint at state. He won two matches, lost one, and ended up ranked 12th at the tournament.



Verrant was seeded second going in and was aware of the expectations. "I knew that I had a good chance and I just wanted to make it," he said.

The team placed fifth, so they did not advance to semi-finals. According to Shipp, they were disappointed because a late season injury made for some line-up changes.

Verrant won his first two matches, which ensured

him a trip to state. He then lost to junior Peter Brocah from Ames, who had placed third at state the previous year. Verrant thought he played well; he was proud to have held his own against a top player. Shipp also thought that Verrant played his best tennis during that game. "He took care of what he needed to take care of," she said. *spread by Grace Meiners*



photo by Stacie Bendixen

setting up

With his eye on the ball, freshman Ryan Palmer begins his serve at the Johnston Invite. "I won every match except against Pella Christian,"

Palmer said. He felt that his serves led him to victory. "My serves haven't been the best this year, but I remember that day was one of the better days for my serves," he said.

boys' tennis group photo found on pages 155, 156



The Johnston Players



Kevin
Herink



Charlie
Wigger



Jonathan
Bunting



photo by Stacie Bendixen



career win

After breaking the record for career wins, senior Alex Miller shakes hands with his opponent at the Johnston Invite. "A whole bunch of weight came off my shoulders (once I broke the record) because then I could just concentrate on the rest of the season," Miller said.



photo by Stacie Bendixen

power serve

Enjoying his first singles game of the season, junior Trevor Holt releases a powerful serve in the Boone meet. He found that his conditioning was superior to his opponent, because he saw him get tired more quickly than he did. He said that his serves had more power and the other team had trouble returning them.

concentrating

Varsity player Jesse Pullen, junior, eyes the ball before returning it to his opponent at the Johnston Invite. It was his first year playing varsity doubles. For 11 games, his doubles partner was his brother Andy Pullen, junior. They had played together the previous summer and were comfortable with each other. They never lost a match when they were partnered together.



photo by Stacie Bendixen



photo by Stacie Bendixen

cleaning up

Picking up a loose ball, JV player Riley Richter, junior, competes in the Roosevelt meet. Richter and partner Cody Gordon, freshman, won against their opponents despite the fact that it was their first time playing as partners in a meet. Richter felt that they played well together and made a successful team.

Evan Stone VERSUS Chris Ajluni Rackets



"I like Wilson because it's a name I can trust. They make a bunch of different rackets so you can find the one that's perfect for you. They're quality rackets, so I know that they won't break or bust."



"The Radical is for power hitters, and that's what I am. When I use the Radical, I can hit hard and my shots won't go flying out. All of my shots, volleys, smashes and serves are driven at my opponent by power."

sports



'07
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Byrd

'07
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Jennings

'07
Cody
Verhuel

'08
Nate
Dewhurst

'08
Brady
Johnson

Coach's Child

shakes up

season

Nicholson's
pregnancy
interferes
toward
end
of the
year

While the team was away in Indianola competing in a meet, varsity coach Deb Nicholson was in the process of having her baby. Since she could not be there in person, JV coach Sarah Pearson filled in for her and became head coach.

Pearson felt that it was not a shock taking over because Nicholson was so organized. "(Nicholson) had everything prepared in a binder," Pearson said. "She had copies of all the records and instructions for hosting meets and practices."

After obtaining the varsity coaching position, Pearson felt that there should be a smooth

transition into her becoming head coach. She insisted that their coaching styles were the same, but senior Lauren Wilson felt differently.

"Pearson has tough and better conditions. Nicholson is more into drills and techniques," Wilson said.

Wilson also thought that Pearson taught them skills that Nicholson had not.

Such methods included training them to be more aggressive when charging

the net and having a stronger forehand.

According to senior Stephanie Nyquist, even though Nicholson missed out on the later part of the season, the girls completely understood. "As a team we went and visited Coach (Nicholson) the next day (after she had her child)," Nyquist said.

spread by Rebekka Broeker

photo by Rebekka Broeker



consultation

Fill-in head coach Sarah Pearson discusses the topic of districts with senior Allison Dzubak. Toward the beginning of the season, Pearson acted as the JV coach. Once she upgraded to varsity coach, her sister, U.S. History teacher Audrey Bell, took her place as JV coach.



photo by Stacie Bendizen

extending

Junior Lucy Yao reaches out to bump the ball to her opposing player during the rescheduled Ottumwa meet. Yao made it to the districts level, but she had to forfeit due to cramping in her legs. "It was definitely a huge disappointment," Yao said.

girls' tennis

group shots found on page 156



Grant Erbes



Brett Hansen



Derek Hansen

photo by Stacie Bendixen



swaying

Sophomore Julia Zhang competes in a match against an Ottumwa player. According to Zhang, "It (the tennis team) was really crowded with all the freshmen." Zhang also felt that the team drastically improved throughout the season.



photo by Rebekka Broeker

disoriented

Almost getting the hit, sophomore Hannah Levine misses the tennis ball. Levine was playing during the long-awaited Ankeny game. The meet was held off first due to a rain delay, and again because of wet courts.



photo by Rebekka Broeker

lean to the side

Grasping the racket and lifting up her leg for balance, junior Rebekah Casciato hits the ball over the net to partner Sonja Spray, senior. The two JV doubles partners were practicing with each other during a home meet against North.

strike it

Senior Erin Newbury throws the tennis ball up to slam it to the other side. Newbury and her doubles partner, senior Rebecca Paszkiewicz, were playing their last match against Dowling before districts.



photo by Rebekka Broeker

Wendy Xu VERSUS Abby Miller

Uniforms



"I liked them better this year than last year because last year's were white and purple and were goofy. (This year) they were black and sharper. They looked a lot more professional."



"I liked this year's a lot, but we were disappointed that we couldn't get the razor backs. We didn't have enough time. They would have looked a lot better."

sports



Leaving the Pain behind

Thuente surprises everyone as he takes conference in the 1600-meter race

With two laps remaining, senior Joe Thuente had run two of the fastest laps in his track career; he was winning the 1600-meter (4 laps) at conference. Having the sixth seed, Thuente and coach Patrick Hennes made a plan before the race began that Thuente would settle for sixth place and give the team one point.

"Hennes was yelling at me, 'Forget sixth place, you can win this.' That's when I took a quick look behind me and noticed to my surprise that I was in the lead by about 50 meters," Thuente said.

According to Thuente, his win left Hennes

shocked. "He was just in the zone. He was running one of the best races in his life," Hennes said.

According to Thuente, pain didn't become a factor until after the race ended. "I was concentrated on one thing, and that was winning. When I finished, I about collapsed," Thuente said.

Thuente's previous best time for the mile was recorded at four minutes and 50 seconds. At conference he

recorded a four minute and 40 second mile. The new time was 10 seconds faster than his best, and five seconds quicker than his second place opponent.

"After I caught my breath, I looked up at my dad who gave me a shocked look of, 'Where did that come from?'" Thuente said. *spread by Logan Koch and Andy Pullen*

photo by Dani Martinson



striding past

Senior Joe Thuente pulls ahead of his opponents during the 1600-meter race at conference. "I wanted to be aggressive from the beginning and stay in the front for the rest of the race. I ended up in the lead and was able to hold everyone off until the end," Thuente said.



photo by Andy Pullen

tiring out

Fatigue taking its toll, Junior Brian Underwood competes in the 3200-meter race. Underwood had also done cross-country in the fall. "Being in both track and cross-country really helped me because it gave me experience in running different distances," Underwood said.

boys' track *group shot found on page 156*

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photo by Dani Martinson

shifting gears

Taking it to full throttle, senior Bryan Messmaker strides past his Indianola opponent in the 100-meter relay at conference, which was held at Ankeny. According to Messmaker, form, speed and practice were the most important factors for running well.



photo by Andy Pullen

flooring it

Jumping off the blocks, Junior Dustin Van Zee tries to get an early lead in the 400-meter dash at Ankeny, with support from senior Michael Eittrheim. Van Zee was encouraged to join track by the football coaches. "I decided to do track to stay in shape for football and to improve my overall speed," Van Zee said.

passing the baton

Senior Steven King grabs hold of the baton from Junior Andrew Doudna during the 4 by 100-meter relay. Although they didn't win conference, they were able to qualify for state running at districts. "We were a little over confident at conference, which really hurt us, but we were able to put things together at districts," Doudna said.



photo by Dani Martinson



photo by Dani Martinson

leaping

Junior Corey Chancellor clears a hurdle at the conference meet in the 100-meter hurdles. The meet was held at the Simpson College track in Indianola. "I ran hurdles because having good form made up for my lack of speed," Chancellor said.

Grant Dippold VERSUS Kyle Thomann

Creatine for lifting

"I take creatine for my sports lifting because it will increase my rate of becoming bigger, faster and stronger. It helps me get an edge over other athletes. It gives you a boost of energy while lifting so that you will be able to lift harder."

"I do not take creatine because I think that sports should be all natural. It is supposed to be who is the best athlete, not who can buy the best supplements. Plus, it isn't proven what it will do to you in 25 years."



sports



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Late Starter

goes far

Junior state qualifier in three events is new to the track world

According to junior Emily DePenning, there could have been difficulties joining the track team late in your high school career, like fellow junior Abby Morris did. "It would be hard to catch on to how meets go, learn how to do hand offs and join a team of girls who have been working together for so long," DePenning said. Morris agreed in thinking it would be hard at first, and she did have difficulties with starts and hand offs. At Morris's first meet in Boone she dropped the baton twice. Morris continued to practice through the season and caught on quickly, according to DePenning.

Apparently, Morris caught on quite quickly as

she ran in three relays at state. Morris ran the 400-meter relay with juniors Abby Green and Ashley Meade and sophomore Kristen Strawhacker. The group went into the race ranked 24th and finished ranked 15th after running their best time of the season. Morris also helped the team on the sprint medley with Strawhacker, Green and DePenning and on the distance medley with Green,

junior Jessica Mitchell and senior Lori Bjork. Even though Green and Morris were just added to the distance medley team for districts to qualify for state, they ran their best time of the season at state.

Morris originally went out for track to keep conditioned and in shape for her other sports, but decided she would continue her track career.

spread by Dani Martinson

striding

Junior Abby Morris approaches the finish line at the conference meet after running the 200-meter dash. Morris joined the track team to stay fit and ended up helping replace some of the graduated seniors in different relays. She was a little nervous about trying to fill their shoes. "I didn't want to let them (the team) down with my time, but they helped by always encouraging me," Morris said.



photo by Dani Martinson



photo by Dani Martinson

launching

Springing forward into the long jump pit, sophomore Taylor Gowey competes at the state track meet. Gowey jumped 16-2 1/2 inches and placed 12th at state. "It was a good year overall, but I had hoped for more out of myself. We did good as a team and we really bonded," Gowey said.

girls' track

group shots found on pages 156, 157

soaring

photo by Dani Martinson



Leaping over the hurdle, senior Sara Embrey flies to sixth place at the conference meet in the 100-meter hurdles. Embrey's goal for the season was to get below 16 seconds on the 100 hurdles. Through practice, Embrey dropped her time and was close to 16 seconds, but didn't quite make it.



photo by Shaina White

pushing off

Using the starting blocks supported by sophomore Felicia Hoover, sophomore Alexis Buchanan starts the 800-meter relay at the Hoover meet. The team placed third at the meet. The track season was full of girls beating their personal records, including Buchanan. She ran her best time of 27 seconds on the 200-meter dash at the Grinnell meet.

recovering

Junior Sarah Reese throws herself over the high jump bar at the conference meet. Reese placed fifth at the meet held at Simpson College. Her highest jump was five feet. Reaching that height was a great achievement for Reese since she was still working on getting back into things after a surgery she had on her ankle the year before.



photo by Dani Martinson

finishing strong

Junior Jessica Mitchell finishes up the distance medley at the conference meet on May 9. According to Mitchell, she enjoyed running 800-meter races because of the strategy behind them. "Girls usually get out fast and pass me, but they are running too fast. Then on the second lap, I try to pass them when they are tired," Mitchell said.



photo by Dani Martinson

Alexis Van Vleet **VERSUS** Kristen Strawhacker

Changing lineups

"I was really frustrated when I found out the coaches took me out of the four by four (relay). I spent all season training for that race. I felt like they took my prize away from me. They took me out because I wasn't performing well and I agree, I have been off. But we qualified this as a team, so we wanted to keep it that way."

"It was kind of surprising when they put me in for Alexis. I'm sure it was a hard decision and I wouldn't want to make it. The girls worked together all season and then got taken out. It's like what have they been working for. I would have ran my hardest because the other girls worked so hard all season."

sports

defining *beyond* a Common goal

Seniors
spread
thin on
varsity but
dominate
JV; all
forced to
adjust

Without a varsity lineup returning, uncertainty plagued players as to who would fill those positions. Of nine seniors only two were chosen for the varsity roster. Other hopefuls were left to redefine their goals and positions.

Claiming one of those seats, senior Sara Embrey, a varsity veteran, played the part of the minority amongst younger varsity players. Alone in her experience, Embrey felt it was her responsibility to lead them on the court to become stronger players.

Captain Lauren Butterwick, senior, didn't have so many opportunities to impact her teammates on the court, though they nicknamed her "mom" for the encouraging roles she played off the court. Her original interests and position on varsity were set aside, but she wouldn't opt for an alternative

because she enjoyed having such a positive effect on the girls. "I can't say I didn't enjoy varsity when so many wanted to even dress," Butterwick said.

Coach Rick Brooks expressed that everyone had a role within the team, and that those roles carried importance to others. "Overall I'm very happy with everyone's actions this season," Brooks said.

Considering her lack of options, senior Alyssa Mueller was initially disappointed with her position as a member of JV. "I think that Brooks was building the team for the next year, and the seniors on JV could have done just as good of a job (on varsity)," she said. Mueller chose, however, to change her attitude along with other originally disappointed seniors. Mueller remembered her season by the positive nature of her coach, Beth Ward, and of her teammates. *spread by Megan O'Toole and Alicia Corron*



photo by Alicia Corron

pumping iron

Lifting two 10-pound dumbbells high in the air, Junior Ali Norellus conditions in the school weight room in preparation for the next season. "It's my personal goal to take weight lifting seriously. Hopefully, training, working hard, and the effort I'm putting in will pay off," Norellus said.



photo by Alicia Corron

serving up

Anticipating the plunge of the ball, senior Sara Embrey prepares to smack it over the net. According to Embrey, even though she usually played left back and outside, she liked to serve and especially enjoyed when she got a big run to help gain points for her team.

volluball

group shots found on page 157

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photo by Alicia Corron

out of reach

As sophomore Danielle Rowen flings the ball backwards, sophomore Megan Delanoit (left) attempts to make the hit. Even though Delanoit usually benched at sophomores games, she was perfectly fine with her spot. Delanoit said, "I wanted to play more, but the girls on the court deserve the play time."



execute action

Arms extended, junior Alexis Van Vleet sets up the ball for the next move about to take place. Not only did Van Vleet play middle back row, she sang the National Anthem at home matches. "(Singing the National Anthem) is cool. It gets me pumped up for the game and then the girls get psyched up. It builds for the pregame," Van Vleet said.



photo by Alicia Corron

hindering play

Fingertips stretching over the net, sophomore Sarah Froehlich becomes a barricade for the ball as Junior Abby Morris descends to the floor. The matchup was an away game against Dowling. Froehlich said, "I don't think we played very well. We didn't play to our potential (this particular game). We just played to get it over with."

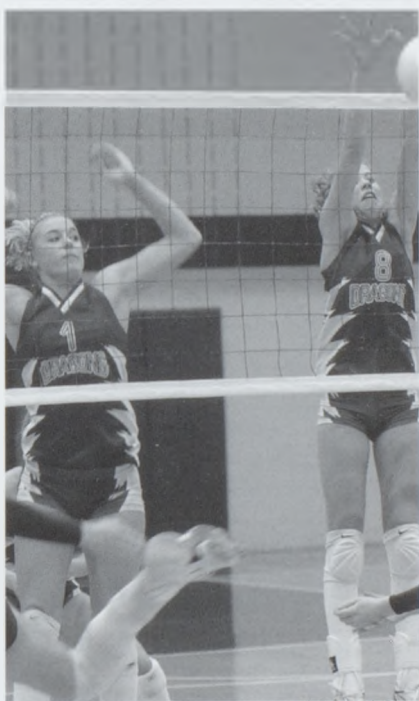


photo by Alicia Corron

minding orders

Senior Mindy Schoop, along with the JV team, sets up the chairs for the varsity home match against Ankeny. This was the first and only time that the girls were asked by head coach Rick Brooks to assemble the chairs on the gymnasium floor.

According to Schoop, it was embarrassing because she considered this task to be one for a younger grade, but they got the job done.



photo by Alicia Corron

Erica Warren VERSUS Erin Newbury

Sit varsity or play JV



"I would sit varsity. It would be a good opportunity for me to watch the girls. I would have a chance to know what the coach was looking for. If I was going to sit next year on varsity, I could use what I learned for my senior year."

"I would rather play on JV. I like the girls that I played with. Even though we weren't friends during school, we became friends during the season. I also like Coach (Beth) Ward. She understood how everyone felt, especially for the seniors."



sports



3850 Merle Hay Road Suite 101 Des Moines, Iowa 50310-1300
515-276-8551

Ending the conference drought

Wrestlers' hard work ethic prevails in first conference win in six years

Walking into the "the Dungeon" gymnasium to play their Dowling opponent seemed like just another meet, according to junior Joel Bubeck.

"We didn't do anything different in practice and it wasn't until we started playing that we realized we could win this," Bubeck said. The Dragons snapped a six-year CIML conference losing streak by knocking off the Dowling Catholic Maroons.

"We worked on Dowling's moves during practice that week, just like we'd do with every other team," junior Kyle McCracken said.

It was McCracken's first year in wrestling and he said it felt good to be a part of the first conference win in six years. "Coach (Brian) Reece had tears of joy after the meet in the wrestling room,"

photo by Evan Stone



using strategy

Coach Brian Reece and sophomore Ricky Rodriguez consult in the middle of a match against Urbandale. The one-on-one talk was to focus Rodriguez and to point out the weakness of his opponent. "During injury breaks and timeouts, we try to strategize and counter what some guys are doing," Reece said.

McCracken said.

"When the meet was over, everyone was excited. I was more happy for the wrestlers because they worked hard for something good like that to happen to them," Reece said. The wrestlers ran into the wrestling room and Reece gave them a congratulatory speech. "We went back in the wrestling room and told them I was proud of them and I kind of broke down (in tears)."

The team's last conference win was in 1999 against Newton with the previous head coach, Frank Baltzley. The Dowling win was Reece's first conference win as coach. *spread by Scott Sauber and Evan Stone*



on the offensive

Freshman Taylor Young forces his opponent into a defensive position. According to Young, he enjoyed the fierce competition and the gratification he got from winning. "I like to stay on the offense and to push the tempo and the overall competition of the match," Young said.

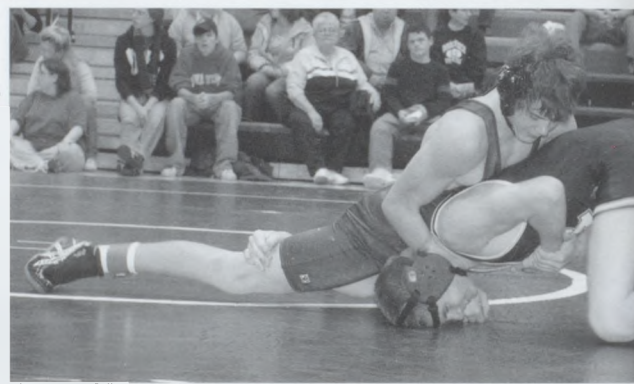


photo by Andy Pullen

pin and win

Sophomore Kyle McDowell tries to put his opponent in a power-half during a meet against Southeast Polk. The power-half was move to get an opponent on his stomach. "I've been doing this (wrestling) for 11 years and I have a lot of practice," McDowell said. McDowell made it to state and pinned his first opponent.

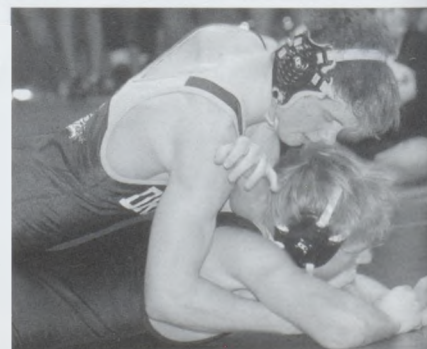


photo by Evan Stone

wrestling group shot found on page 157

photo by Evan Stone



overpowering

Junior David Fritz smashes his opponent into the mat during a varsity meet at Roosevelt. "Wrestling requires you to get in shape and you make relationships with people you otherwise wouldn't have," Fritz said.

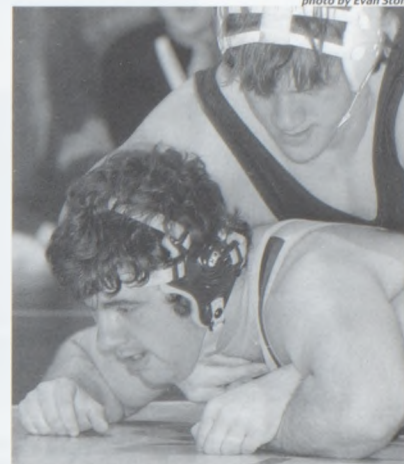
photo by Kristin Boscaljon



stepping up

Senior Jake Goedken wrestles at the Ballard meet. Goedken was needed to wrestle because of the lack of heavyweights. Despite his inexperience, he stepped up to the task and ended with a 13-6 record.

photo by Evan Stone



breaking loose

Trying to regain wrist control, senior Josh Geneser uses his strength to break free from his opponent's hold during a Southeast Polk meet. "I enjoyed wrestling. It's fun, tough, and requires dedication," Geneser said. Geneser made it to the first round of the state tournament but lost.

lacing up

Tying his new Asics shoes before a junior varsity match, freshman James Becvar prepares himself for the meet against Dowling. Becvar won all of his matches that night and ended the season with a winning record.



photo by Andy Pullen

Patrick Freese VERSUS Eric Dreibelbeis

Adidas vs. Asics

"Adidas shoes are comfortable. They also have little air holes in the bottoms of them. It helps my feet stay cool while I'm wrestling, so that my feet don't get slippery and I feel uncomfortable while I wrestle."

"I like Asics because they're comfortable and fit my feet well. They also have good traction which helps me maintain my balance while I'm wrestling. It helps me have a good planting foot when I'm wrestling too."

sports

the **Pizza Oven**

5775 Merle Hay Road, Johnston, Iowa 50121 270-8604

149

and hundred forty-nine

Sophomore Baseball



First Row: Eric Tubbs, Kyle McDowell, Rob Lang, Taylor Egly, Joseph Pavelka, Scott Byrd, Jordan Wengert. **Second Row:** Coach Adam Retzlaff, Austin Denny, Matt Tiller, David Temple, Matt Bengtson, Mike Slusark, Danny Cahill, coach Craig Kruger.

Varsity Baseball



First Row: Steven Walter, Mike Eittreim, Brian McCrea, Nate Maple, Brenden Furrow, Kory Ross, Tyler Tannatt, Alex Miller. **Second Row:** Tommy Avaux, Curtis Froehlich, Duncan Skinner, Chris Sigmund, Stephen Cate, Zach Moses, Neal Parenza, Kris Grimes, Derek Retherford, Cody Phelps. **Third Row:** Ryan Bole, coach Brent Whipps, Bryan Messmaker, Trevor Kruger, Ryan De Hamer, Russ Wiskirchen, Robby Winterbottom, Bobby Trader, coach Jack Randall, coach Randy Wee.

Sophomore Boys' Basketball



First Row: Chase Baumgartner, Taylor Egly, Collin Coughlon, Luke Knee, Eric Tubbs. **Second Row:** Scott Cronin, Grant Dippold, Brian Smith, Colby Elmitt, David Derry, Drew Ness, Joseph Pavelka. **Third Row:** Coach Rod Wiebers, Justin Krull, Kellen Johnson, Jay Quick, Preston Butts, Nathan Lockner, coach Brady Flemming.

Varsity Boys' Basketball



First Row: Coach Jeff Simpson, Brenden Furrow, Joel Quick, Matt Ness, Kory Ross, Mike Mertz, Jonathan Palmer, coach Chris Danner. **Second Row:** John Shockey, Jason Rude, Brian McCrea, Rob Lang, Zach Cooper, Ryan De Hamer, Brent Barz. **Third Row:** Ryan Bole, Drew Imhoff, Russ Wiskirchen, Corey Chancellor, Alex Kron, Ryan Sievers, Jake Tyler.

Sophomore Girls' Basketball

group shots



First Row: Erica Weirich, Laura Hilby, Anne Ruebelke. **Second Row:** Shawntel Noel, Julia Rude, Micah Casey, Grace Meiners. **Third Row:** Amanda Hatfield, Abby Gumina, Abby Davis, Megan Browning, Leslie Ware.

Varsity Girls' Basketball



First Row: Lori Bjork, Ashley Wheeldon, Beth Roesse, Mallory Beck, Hannah Miller, Jessica Hoover. **Second Row:** Coach Rich Gradoville, Abby Morris, Abby Green, McKenzee Fisher, Kelsey Brown, Libbie Reichling, Liz Sigmund, coach Beth Ward.

Bowling



First Row: Kelly Slater, Chelsea Connelly, Lauryn Tosch, Tara Blutt, Kayla Schmidt, Kelsey Hyde, Andy Goers, Brock Lutts, Brandon Thompson. **Second Row:** Jeff Munn, Tom Danielson, Steven Walter, Greg Olson, Sarah Johnson, Cassidy Williams, Erin Turner, Katie Backstrom, Travis West, Coach Vickie Borich. **Third Row:** Chandra Binnie, Jessica Mitchell, Jill Borich, Peter Langston, Dane Larsen, Jeremy Cooper, Mike Eittreim, Jeremiah Keltner, Justin Olson, Ryan Murphy.

Sophomore and Varsity Basketball Cheerleading



Sophomore

First Row: Nicole Davis, Hannah Allison. **Second Row:** Emilie Seda, Carissa Niederkorn, Jenalee Williams.

Varsity

First Row: Falyn Tingley, Dani Martinson, Lydia Givens, Lauren Harvey, Alicia Watrous.

Sophomore Football Cheerleading



First Row: Amanda Lower, Taylor Adams. **Second Row:** Nicole Davis. **Third Row:** Emily Conn, Hannah Allison.

Varsity Football Cheerleading



First Row: Liz Hilby, Mikaela Donaldson, Kiley Waltz, Amanda Miller, Brittney Hibbs, Ashley Johnson. **Second Row:** Lauren Harvey, Karina Baymiller, Ashley Meade, Emily Chrisman, Dani Martinson, Falyn Tingley. **Third Row:** Emily O'Keefe, Lydia Givens, Rachel Winterbottom, Alicia Watrous, Taylor Gowey, Ashley Bedord.

sports

Wrestling Cheerleading



First Row: Emily Roeser, Emily Funk, Rachel Bassel, Jenny Hahn.

Boys' Cross Country



First Row: Jordan Seaberg, Brian Underwood, Cullen Hirst, Soren Hirst, Derek Furrow, Grant Jacobson, Joseph Broich, Nathan Von Fumetti, John Peitzman, Justin Short, Tucker Vasey, Steven Ostiguy, Charlie Thuente, Jeff Rasmussen. **Second Row:** Dane Seaberg, Zach Cooper, Erik Holt, Colby Elmitt, Matt Bole, Adam Thilges, Brandon Swett, Tyler Swett, Alex Hammer, Zach Swoyer, Vince Larson, Jason Fry, Eric Cluney. **Third Row:** Tim Gannon, Trevor Kruger, Matt Meyers, Tom Raese, Jeff Letizia, Jordan Lampe, Joey Verrant, Nick Gardiner, Grant Dippold, Daniel Gillaspey, Nick Bussanmass, Nate Nuzum. **Fourth Row:** Joe Thuente, Ben Morrill, Brandon Will, Wally Hudyma, Jake Haden, Kory Ross, Alex Grasso, Alex Kron, Nathan Peterson, Jay Quick, Nick Scholten, coach Dave Beason, coach Jason Jauron.

Girls' Cross Country



First Row: Becca Gallegos, Kristen Strawhacker, Alyssa Buckley, Tara Blutt, Lori Bjork, Emily Funk, Fifi Albathe, Megan Junge, Kelsey Hyde, Katherine Burggraaff. **Second Row:** Coach Chris Siewert, Sarah Timmons, Felicia Hoover, Chelsey Beason, Ashley Williams, Grace Meiners, Amanda Unterreiner, Robyn Norris, Emily Shoeman, Anne Ruebbelke, Emily DePenning, coach Pat Hennes. **Third Row:** Carly Hammer, Jenny Wu, Kelsey Dicken, Sarah Schultz, Tiffany Wendel, Jessica Mitchel, Heather Wendel, Laura Hilby, Sammy McConeghey, Maggie Thilges, Obsie Birru.

JV Dance Team



First Row: Beckie Scott, Jess Gambrel, Emily Roeser. **Second Row:** Kelsey Mitchell, Jenna Schissel, Rachel Bassell, Lauren Proffitt.

Varsity Dance Team

group shots



First Row: Bethany Christenson, Courtney Coakley, Audrey Henning. **Second Row:** Sammy Johnson, Emily Hurm, Tana Friesth, Christa Beason, Amanda Thrasher, Brianna Wight, Abbey Gessmann. **Third Row:** Allison Langston, Kayla Lewis, Earl Harmon, Sonja Spray, Nathalie Hurm.

Sophomore Football



First Row: Jeremy Johnson, Brandon Van Vleet, Scott Byrd, Chris Ajluni, Josh Gowdy, Kevin Christopher. **Second Row:** Shawn Dickerson, William Riddle, Joseph Pavelka, Connor Elmitt, Mike Slusark. **Third Row:** David Temple, Nick Johnson, Kellen Johnson, Kyle Thomann, Matt Bengtson, Danny Cahill. **Fourth Row:** Justin Krull, Scott Cronin, Austin Golightly, Matt Ogren, Tyler Shannon. **Fifth Row:** Eric Tubbs, Austin Strawhacker, Corey Pierce, Tyler Foster-Stavneak, Sam Bjorholm, Kyle McDowell. **Sixth Row:** Brock Morlan, Jonathan Bunting, coach Brent Whipps, coach Zach Christensen, coach Rod Weibers, Casey Randel.

Varsity Football



First Row: Carson Hughes, Steven King, Peter Langston, Jake Hukee, Matt Dominguez, Mike Mertz. **Second row:** Andrew Doudna, Brenden Furrow, Nate Maple, Jeff Courtright, Jay Warren. **Third Row:** Kyle McCracken, Rob Lang, Brian McCrea, Brett Turner, Jake Goedken, Joel Quick. **Fourth Row:** Greg Olson, Stephen Iles, Jordan Wengert, Grant Hayward, Patrick Klopfenstein. **Fifth Row:** Coach Brent Ksiazek, coach Nick Durand, coach Brian Woodley, coach Matt Shelton, coach Mark Tegels, coach Mike McCune, coach Brian Vaughan. **Sixth Row:** Cory Shannon, Patrick Freese, Alex Miller, Trevor Holt, Dustin Van Zee, Alex Siemer. **Seventh Row:** Peter Holmgren, Spencer Reed, Brandon Betz, Eric Dreibelbeis, Chase Moffit, Ryan De Hamer. **Eighth Row:** Jon Shockey, Alex Nelson, Matt Tiller, Joel Bubeck, Tyler Miller, Yashar Ghaffarzadeh. **Ninth Row:** Andy Halbert, James Friestad, Ryan Divis, Reid Baker, James Evans. **Tenth Row:** Ryan Bole, Joel Rydberg, Neal Rydberg, Josh Bowen.

Boys' Golf



First Row: Ryan Dickey, John Jacobsen, Kyle Mentzer, Daniel Rottenberg, Jordan Olson, Jake Batzley. **Second Row:** Jake Walahoski, Dan Haight, Chris Williamson, Jared Walahoski, Calvin Vernon, Jeff Munn.

Girls' Golf



First Row: Ashley Oeltjenbruns, Jessica Upton, Annette Beswick, Lauren Doherty, Brianna Upton, Kate Dickey. **Second Row:** Whitney Bryant, Taylor Bryant, Nicole Jansen, Elizabeth Janes, Alyssa Mueller, Lori Bjork, Alecia Eggers.

Froshmore Boys' Soccer



First Row: Corey Taylor, Jordan Handle, Brock Morlan, Adam Gillaspey, Jamison Haller, George Vardaxis, Ryan Harm, Soren Hirst. **Second Row:** Trey Wright, Matt Lowder, Nathan Clock, Sam Grasso, Dane Andersen, Klay Queck, Todd Sonner, Tom Raese, Hunter Beck. **Third Row:** Joey Glenn, Luke Helscher, Derek Furrow, David Helmer, Zach Dicken, Justin Sparland, Kory Plagge, Mark Anderson, Stroh Leslie, coach Eric Peterson.

sports

JV Boys' Soccer



First Row: Ryan Lay, Jimmy Frizzel, Alex Kem, Matt Carlson, Mike Holowinski, Matt Burch, Andy Goers, Tyler Brown. **Second Row:** John Kimball, Dan Kurns, Zach Guyer, Peter Holmgren, Jacob Pfundheller, Jared Walahoski, Ryan Dickey, Nick Gardiner. **Third Row:** Pat Shockey, Josh Camos, Jenner White, Nik Christensen, Thomas Schweitzer, Dustin Pirie, Daniel Sigmund, Trevor Haden, coach Russ Fortune.

Varsity Boys' Soccer



First Row: Alex Christensen, Spencer Reed, Justin Steggerda, Jaryd White, Matt Brown, Kyle Phillips, John Rippel, Reed Baker. **Second Row:** Dylan Kimsey, Mike Mertz, Jake Haden, Ryan Steinkamp, Ross Jennings, Brian Smith, Nick Scholten, Ben Scott, Calvin Vernon. **Third Row:** Evan Schultz, David Fritz, Peter Blutt, Derek Merkler, Cory Shannon, Niles Bailey, Quinn Bailey, coach Matt Todd.

JJV Girls' Soccer



First Row: Kelsey Ranney, Jenna Hukee, Amela Smajlovic, Anelise Cardoso, Chandra Binnie, Chelsea Binnie, Jordain Skarphol. **Second Row:** Lindsey McCulley, Beth Hanigan, Dani Martinson, Hannah Smith, Silvia Fouch, Stacy Syroka, Alison Glenn, coach Alicia Rollison.

JV Girls' Soccer



First Row: Sarah Taylor, Ashley Wheeldon, Lauren Whitney, Leah Kron, Rhianna Harm, Emily Chrisman, Jenna Lammers. **Second Row:** Coach Alicia Rollison, Emily O'Keefe, Kaitlyn O'Tool, Michele Gunderson, Sandra Rodriguez, Abby Lewton, Megan Danielson, Abby Gumina.

Varsity Girls' Soccer

group shots



First Row: Molly Hanson, Tara Blutt, Megan Ware, Becky Heffling, Dani Postel, Leslie Ware. **Second Row:** Rachael Behnke, Sarah Schultz, Amanda Lower, Heather Wendel, Micah Casey, Kelsey Kovacevich. **Third Row:** Kelsey Dicken, Tiff Wendel, Mallory Beck, Tayler Vestal, Keni Schroeder.

JV Softball



First Row: Juliana McCoy, Veronica Roshek, Kari Dockum, Julia Rude.
Second Row: Brittney Curtis, Cassy Clark, Lauren Whitney, Allison Langston, Aleece Gustafson.

Varsity Softball



First Row: Courtney Frank, Lizz Swanson, Ashley Kilby. **Second Row:** Sara Embrey, Mackenzie Lang, Abby Morris, Libbie Reichling, Mindy Schoop, Sarah Peppmeier, Beth Roese. **Third Row:** Erin Newbury, Leah Embrey, Emily Kuster, Jenna Jewell, Hannah Miller, Jessica Hoover.

Boys' Swimming



First Row: John Waldort, Parker Watson, Austin Foster, Rex Davison, Steven Crain, Jeremy Biggs, Tom Bugg, Tim Albright, Ben Choi. **Second Row:** Charlie Thuente, Tom Raese, Dave Hughes, Soren Hirst, Nick Wikens, Anthony Kottke, Ben Morill, Andrew Mountsier, John Broek. **Fourth Row:** Clayton Thomeis, Tim Sanders, Tyler Swett, Ben Hokscho, Sam Schroeder, Nick Shumacher, Brandon Swett, Patrick Hanson, Cory Weaver, Corey Chancellor.

Girls' Swimming



First Row: Cassie Applegate, Annette Beswick. **Second Row:** Elizabeth Cameron, Brianne Bumpus, Sarah Cutter, Danica Dummer, Haley Parks, Hannah Smith (Urbandale senior), Katie Luksetich, Sarah Mueller, Amanda Hatfield, Kelsey Knight. **Third Row:** Alex Frakes, Michelle Gillotti, Maggie Mountsier, Megan Danielson, Erin O'Connor, Lindsay Lee, Mallory Howard, Laura Albright, Julia Kottke, Erica King, Rachel Lippincott. **Fourth Row:** Paige Sanders, Ashley Lambston, Katie Thomas, Tara Lee, Hannah Smith (Johnston freshman), Kari King, Krista Tippin, Meredith Geels, Ally Hughes, Elizabeth McCreight, Lauren Chesmore, Hannah Craig.

JV Boys' Tennis



First Row: Derek Hansen, Jon Shockey, Logan Koch, Ryan Bass, Danny Heldt. **Second Row:** Ben Kohles, Greg Hefner, Molin Zhong, Erik Holt, Tucker Vasey. **Third Row:** Charlie Wigger, Jonathan Holt, Jason Deal, Riley Richter, Blane Chesnut. **Fourth Row:** Brian Sloan, Tim Sanders, Scott Sauber, Brandon Will. **Fifth Row:** Jeremy Cooper, Pasha Kazatsker, Trevor Holt.

sports

Varsity Boys' Tennis



First Row: Drew Imhoff, Andy Pullen, Jeff Townsend, Alex Miller. **Second Row:** Joey Verrant, Alex Grasso, Jesse Pullen, Chris Ajluni, Trevor Pullen. **Third Row:** Ryan Palmer, Josh Kintz, Cody Gordon.

JV Girls' Tennis



First Row: Rachel Dankbar, Amber Cunningham, Leah Bole, Soheila Yalpani, Jenny Miao, Alex Swanson, Rachel Binner, Gabbi Warrick, Hannah Levine, Alyssa Ciarimboli. **Second Row:** Rachel Bassell, Alicia Irvin, Kate Kucera, Leah Lundstrom-Yuridin, Megan Junge, Katherine Burggraaf, Emily Roeser, Megan Browning, Carol Albathe, Ashley Dominguez, Julia Zhang, Krista Bowers. **Third Row:** Katie Ingersoll, Lauren Lund, Aleece Gustafson, Katie Luksetich, Kelsey Hyde, Laura Messerly, Emily McPherson, Maggie Thilges, Rachel Lang, Alyssa Burcham, Lindsey Mabe. **Fourth Row:** Coach Deb Nicholson, Lia Yoon, Xian Zhang, Torey Robinson, Colleen Kinsey, Sarah Mueller, Megan Davis, Megan Bendixen, Jasmina Sarajlija, Liz Sigmund, Hannah Miller, Katie Githens, coach Sarah Pearson.

Varsity Girls' Tennis



First Row: Annie Schunicht, Susan Clausen, Rachel Winterbottom, Jessica Wilson, Erin Newbury, Sonja Spray, Emily Kuster, Natasha Knapp. **Second Row:** Coach Deb Nicholson, Stephanie Nyquist, Allison Dzubak, Annie Schwartz, Ali Norelius, Rebekah Casciato, Becca Paszkiewicz, Lauren Wilson, Wendy Xu, Amanda Jones, Jenna Winzenberg, Amy Konz.

Boys' Track



First Row: Connor Elmitt, Tian Sun, Patrick Klopfenstein, Dustin Van Zee, Corey Chancellor, James Friestad, Chris Wilkinson, Bryan Messmaker, Joel Quick, Andrew Doudna, Steven King, Nathan Vorm, Josh Bowen, Brandon Betz, Pat Freese. **Second Row:** Nathan Lockner, David Cox, Brandon Van Vleet, Danny Cahill, Kyle Thomann, Michael Lunn, Matt Dickerson, Reid Jewell, Dominique Jones, Zach Kendall, Jesse Poor Thunder, Taylor Young, Nate Maple, Austin McDowell, James Becvar, Jordan Seaberg, Wally Hudyma, Alex Kron, Brian Underwood. **Third Row:** Grant Dippold, Eric Tubbs, Preston Butts, Austin Strawhacker, Jon Hoffman, Scott Cronin, Joseph Pavelka, Matt Ogren, David Temple, Kellen Johnson, Mike Slusark, Corey Pierce, Jeremy Johnson, Matthew Janes. **Fourth Row:** Ryan Alfred, Jake Goedken, Tyler Shannon, Nate Nuzum, Nick Hinkle, Hunter Warne, Tyler Wengert, Grant Jacobson, Tyler Foster-Stavneak, Jeff Hoobin, Ryan Sievers, Ambrose Ball-Harney, Jeff Courtright, Jordan Wengert, Tyler Miller, Kyle Sievers, Zach Tucker, Jay Warren, Nate Peterson, Matt Bole, Mike Eittrheim, Josh Gowdy, Nick Hamilton, Casey Randel, Joe Thunte, Colby Elmitt, Alex Hammer.

JV Girls' Track

group shots



First Row: Sally Jones, Hannah Clarkson, Addie Iler, Lindsey Tosch, Erica Eaves. **Second Row:** Lauren Thompson, Ashley Williams, Katie Norris, Liz Fuller, Justine Aryes, Leah Embrey. **Third Row:** Brianna Stone, Samantha McConeghey, Amanda Unterreiner, Caroline Dong, Becky Cooper, Emeri Sams, Chelsey Beason. **Fourth Row:** Coach Craig Oldham, Becca Gallegos, coach Rick Renning, Jenalee Williams, Taylor Grieve, Emily Bates, Grace Meiners, Carly Hammer, Sarah Timmons, Felicia Hoover, coach Dave Beason, coach Chris Siewert.

Varsity Girls' Track



First Row: Lauren Whitney, Alexis Buchanan, Sara Embrey, Abby Morris, Kristen Strawhacker, Nicole Gibson, Abby Green, Jessica Mitchell. **Second Row:** Makea Sanders, Taylor Grieve, Christa Beason, Obsie Birru, Becka Finely, Kari Dockum, Becky Cooper, Ashley Meade, Taylor Gowey. **Third Row:** Coach Rick Renning, coach Dave Beason, Lori Bjork, Laura Hilby, Erica Weirich, Anne Ruebbelke, Sarah Reese, Teresa Davis, Danielle Hudson, coach Craig Oldham, coach Chris Siewert.

Sophomore Volleyball



First Row: Lindsay Cosgriff, Danielle Rowen. **Second Row:** Kelsey Kovacevich, Lauren Whitney, Cassy Clark, Jenalee Williams, Megan Delanoit. **Third Row:** Carissa Niederkorn, Abbie Symonds, Heather Will, Sarah Buchholz.

JV Volleyball



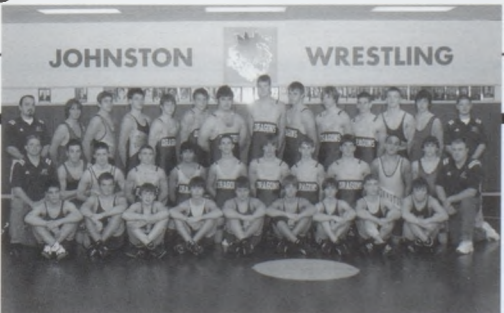
First Row: Mallory McCarty, Bridget Mahoney, Libbie Reichling, Alexis Van Vleet. **Second Row:** Ali Norelius, Stephanie Bower, Kendra Beane.

Varsity Volleyball



First Row: Lauren Butterwick, Libbie Reichling, Sarah Froelich, Liz Sigmund, Susan Clausen, Emily Phelps, Alyssa Mueller, Abby Morris. **Second Row:** Becca Paszkiewicz, Emily Kuster, Mindy Schoop, Jill Borich, Alexis Van Vleet, Stephanie Nyquist, Sara Embrey, Erin Newbury.

Wrestling



First Row: James Becvar, David Fritz, Andy Hummel, Jeff Letizia, Kory McCracken, Derek Reicks, Mitch Blanchard, Taylor Brown, Matt Dickerson. **Second Row:** Coach Jeff South, Shawn Dickerson, Ben Davis, Josh South, Ricky Rodriguez, Brett Turner, Todd Sexton, Adam Richards, Reidy Ingram, Taylor Young, coach Quincy Snell. **Third Row:** coach Patrick Honkomp, Brad Elsbury, Kyle Thomann, Tim Gannon, Kyle McDowell, William Riddle, Josh Geneser, Zach Swoyer, Kyle McCracken, Nick Bussanmus, Jim Hinchliff, Joel Bubeck, Jeremy Irwin, coach Brian Reece.

sports

redefine yourself...

A

s important as our academic pursuits were, it was what we chose to do after the bell rang at 2:55 that truly defined us. Whether we headed off to work to rake in the dough, met up with friends for a good time or unwound in quiet solitude, we pursued whatever diversion made us feel like ourselves. When we wanted to spice life up a little, we had complete freedom to redefine ourselves by trying a new hobby, mixing in with a different crowd, or doing something out of the norm. These opportunities are what made student life dynamic and exciting; you never knew what road you might head down next. Just ask the kids who traveled to India to lend their hands as missionaries, the musicians who experienced the thrill of live performance, or the teenagers who attended a political rally and found themselves at the center of a national debate on First Amendment rights.

On the following pages you'll find highlights of each month, including summer, in chronological order, plus the crowning moments of homecoming, prom and graduation. These captured images depict a cross-section of diverse interests and passions, showing us as we chose to be defined.

Strolling through Green Meadows West, senior Brock Brones spends part of his weekend walking his dog Spider. "Sometimes he'll rip the leash out of my hands, and I have to go looking for him. I've spent up to an hour looking for him before," Brones said.



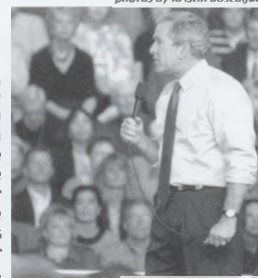
see April on pg. 180

Junior Rebekah Casciato stands ready to answer the next question asked by a reporter from the Des Moines Register. Casciato was a member of the Dragon Responders. At the meeting, paramedic specialist John Halbrook informed students what a regular day as an Emergency Medical Technician was like.



see March on pg. 178

Microphone in hand, President George W. Bush speaks at a Republican campaign stop in October. The event was held at the 7 Flags Event Center in Clive. Seniors were able to obtain tickets to the rally from their Government teachers.

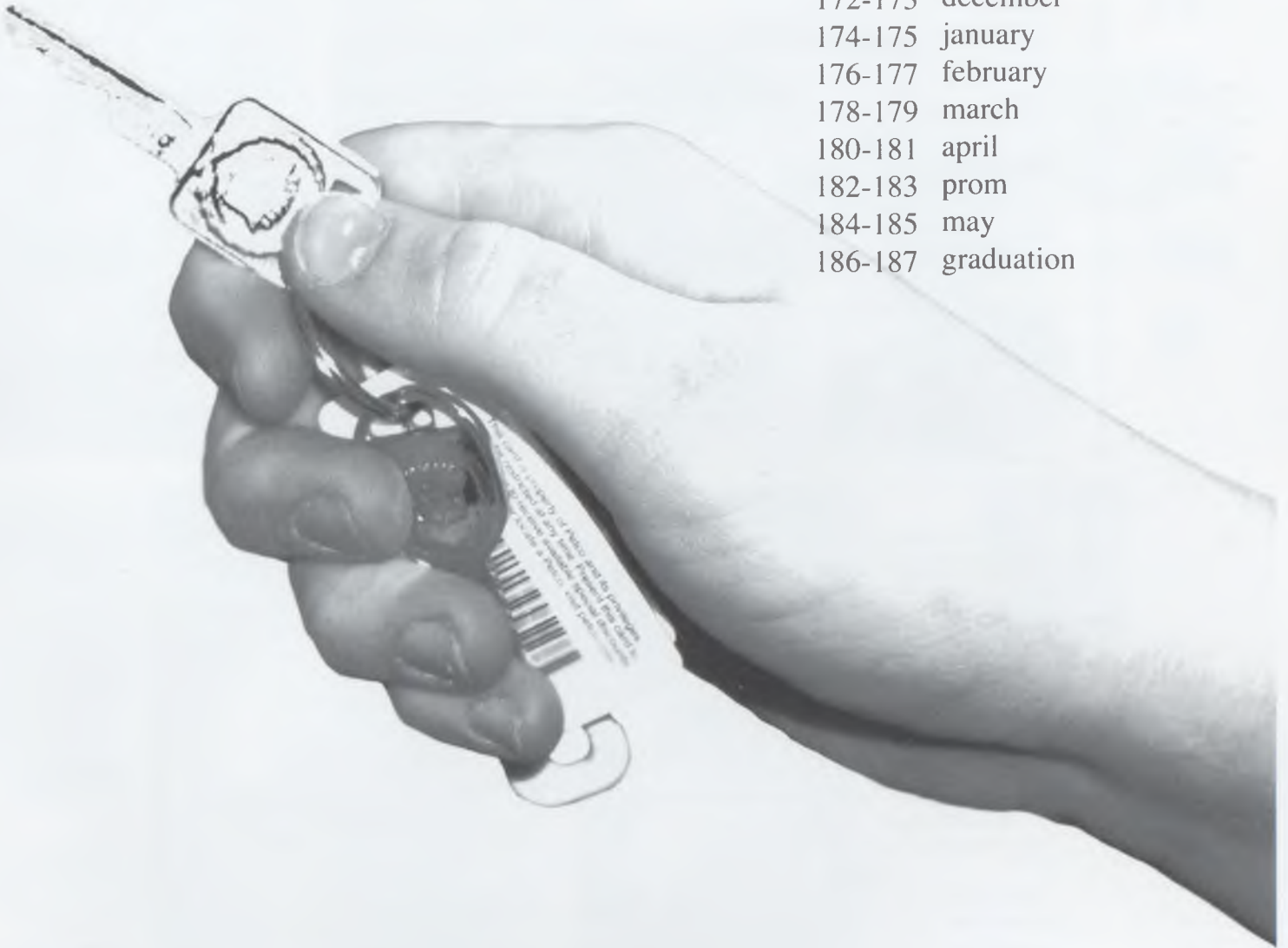


see October on pg. 168

student life

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186-187	graduation

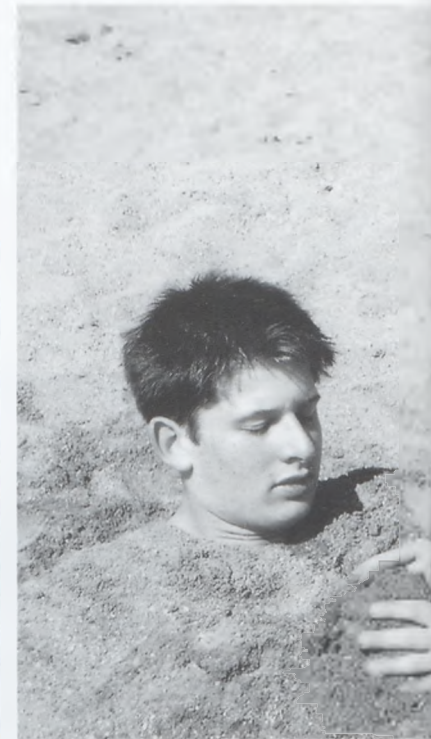


Enjoying the fresh air, Junior Regan Seller plays her guitar while Junior Rebekka Broeker watches. Broeker went over that day to return Seller's wallet because she had left it in Broeker's car.



photo by Shaina White

Senior Brenden Furrow relaxes as senior Stephen Ites buries him in the sand at Raccoon River. His group of friends decided that someone needed to be buried. Furrow said, "I told everyone they could go ahead and bury me."



Following her performance at the Iowa State Fair, Junior Alexis Van Vleet signs her single, "They See My Daddy In Me." Van Vleet said, "I'm going to go to college and get a degree, but I want to sing."



photo by Danl Martinson

Looking at photos of past co-workers, seniors Ashley Meek and Ashley Horning take a break from their summer jobs at Van Dee's Ice Cream Shoppe. The pictures were provided by their bosses, Carol and Mark Vanderlinden.



photo by Alicia Corron



photo by Alicia Corron



photo by Shaina White

Stooping down to clean up the broken beer can, senior Kyle Goodrich stocks the coolers at Casey's General Store. Regarding that part of the job, Goodrich said "It was funny. People would ask me for beer."

summer

June

Former President Ronald Reagan was laid to rest at 93 years of age in Southern California. The funeral was held in Washington D.C. where family and leaders from around the world attended. A national week of mourning was held in his honor.

Worries of West Nile returning to Iowa raised as five dead birds were discovered in several different counties and were studied in an Iowa City laboratory. However, over the summer not as many people died or got sick from the virus as in 2003.

June

Riding across Iowa

Senior
lives
it up
while
peddling
through
state



photo by Dani Martinson

Peddling down the road under the hot summer sun, sweat dripping down his face, senior Alex Grasso reaches for his water bottle to quench his thirst. As he pushes up a steep hill, he looks forward to the fun awaiting him in the next town. As one of the few high school students to participate in RAGBRAI, July 24-31, Grasso came away with great memories of his week on a bike.

Grasso rode across the entire state, 490 miles from the Missouri River to the Mississippi River, with his father and younger brother. Grasso's father had participated before and decided to take his sons along as riders; the three were part of a RAGBRAI team.

Grasso said they rode around 80 miles a day, rain or shine, from about 7 a.m. to 4 p.m. "I was in pretty good shape when I left so I never really got sore," Grasso said.

Riders stopped each night at eight towns along the route to sleep and eat. "Every night we got into town and it was one big party," Grasso said. He enjoyed getting to know new people and seeing team members who were normally "structured" let loose, including a state-renowned surgeon. According to Grasso, members of his team even ran a wet T-shirt contest.

After the festivities died down around 11 or 12 p.m., the Grasso men set up their tent to camp out for the night, usually in a field.

"There were a couple of really cold nights," Grasso said. "In the morning the tent would be covered in dew so we would have to wait for it to dry before we could keep going."

One of the most memorable moments for Grasso came on the final night of the journey, when the team captain, who was in his seventies, stepped down as the leader and ended his RAGBRAI career.

Grasso said that during his week on the road he missed his friends, and that he would like to do RAGBRAI again but would bring friends with him. Overall, Grasso deemed the "week-long party" a great experience. *spread by Beth Aubuchon and Stacie Bendixen*



senior Alex Grasso

Busting out moves to the Christian rap song "Back In The Day" by KJ-52, senior Stephanie Craft jams with her New Hope Assembly of God youth group friends. A party on June 14 celebrated the opening of a new building for the youth group. Other activities included a dunk tank and bowling for a chance to win \$100.



Bringing in the Dahl's building, sophomores Katie Luksetich and Brianna Upton help to take down Safety Town. The event was held at Horizon Elementary to teach kindergarteners the different aspects of safety around town.



July

A group of Iraqi hostage takers sent a letter to the Saudi company Faisal al-Nahait Transport Company located in Iraq, saying they would kill the Egyptian hostage unless the company left Iraq within 72 hours. The company did finally pull out and the hostage was released.

The \$200 million Jordan Creek Town Center opened in West Des Moines. Over 30,000 eager shoppers stormed the mall on the first day to enjoy many stores new to the state. In the evening, a performance from the Des Moines Symphony and fireworks added to the festivities.

student life

August

Crowned as Green Days king, senior Sean Coughlin rides through the parade with graduate Steph Roblson as queen. Coughlin said that both of their bosses were on the Johnston Board of Commerce and elected them for the positions. The next thing he knew, he was giving an impromptu speech of kingship acceptance.

photo by Rebekka Broeker



Ridding the dirt from her hands, Junior Rachael Behnke and friend Anna Ferrand, a fellow youth group member of First Assembly of God, wash up before dinner while on a trek during their mission trip to India. "One of the men from Mussoorie that went on the trek with us slaughtered a goat and ate it after he cooked it on an open fire. It actually tasted like chicken," Behnke said.



photo by Kristin Boscaljon



Dressed in her dance team warm-ups, senior Sonja Spray rinses off the freshly soaped car. Spray and other dance team members held a car wash to raise money for equipment and outfits. "The team is pretty motivated this year and wanting to raise money for our nationals trip to Las Vegas," Spray said.

photo by Shaina White



Attempting a tall stall, senior Joe Schmidt makes his style known at the Waukee skate park. According to Schmidt he was there every second that he could be over the summer.

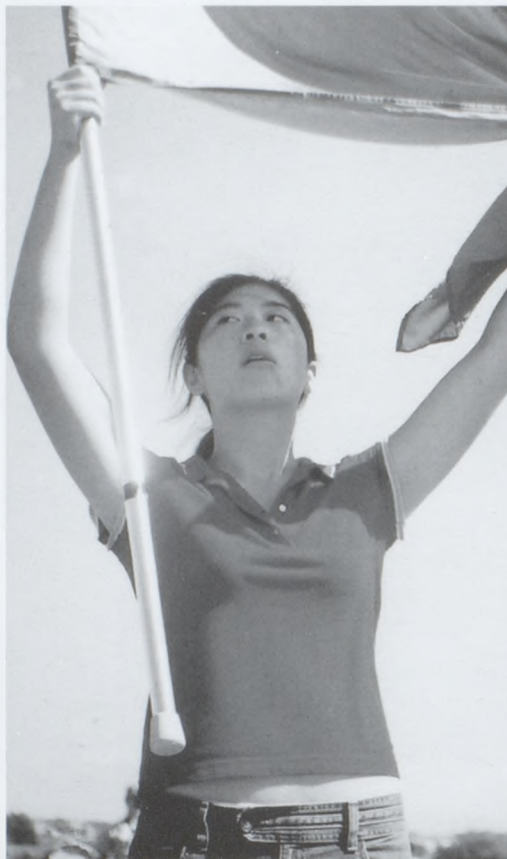


photo by Alicia Corron

Patiently awaiting the next downbeat from the drum major, Junior Xian Zhang expectantly holds her flowing flag at marching band camp. The band utilized their week-long camp in August to learn over half of their show for the fall season.

Riding her horse Topaz at her ranch house, sophomore Sarah Parks cares for the six-month-old colt. According to Parks, the new "baby" of the family was named Kelso after "That 70's Show."



photo by Megan O'Toole

summer 2

August

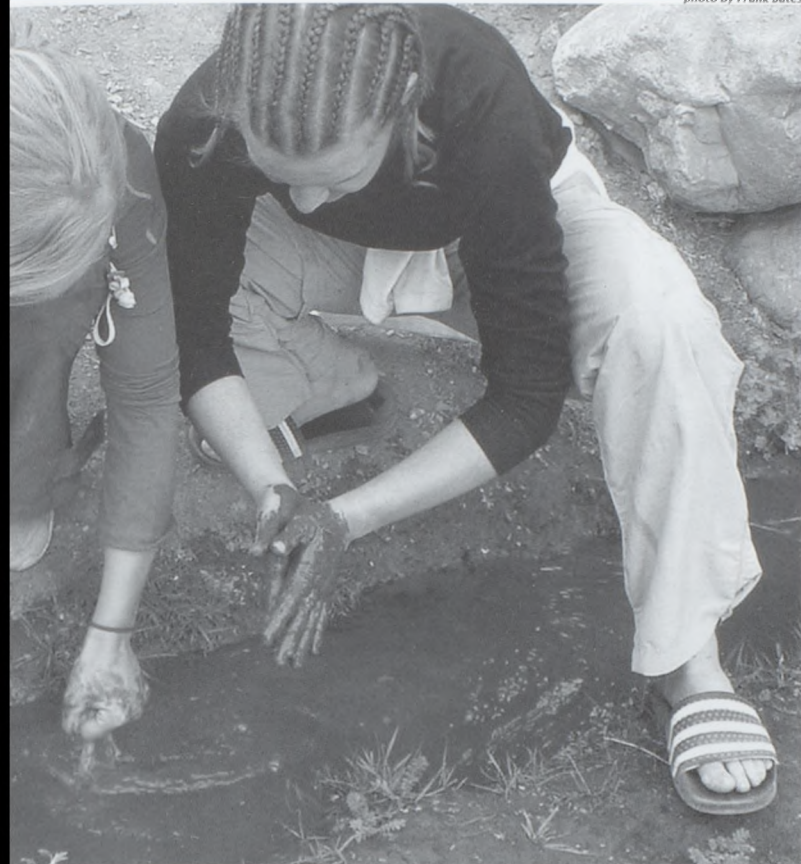
A six-year-old girl from Des Moines was killed on West Okoboji Lake when a boat hit and flew over her family's boat as it sat on the lake idling. Bret Mills, the child's father, provided a public account of the accident at his daughter's funeral.

During the summer Olympics in Athens, swimmer Michael Phelps won eight medals, six gold and two bronze, tying the record for total medals in one Olympics. By the end, Phelps emerged from the pool with two world records and three Olympic records under his belt.

August

Burdens of a Lifetime

photo by Frank Bates



Dirty, soiled hands pull forward the bulk of the load. The hands are forever callused from the tedious work as weary arms give a way for transportation. Gudda, a 16-year-old India resident infected with polio, drags along on the makeshift wheelchair, a means for



Junior Jessica Villegas

mobility. Half of his leg has been eaten away mercilessly by disease and the other limb is left limp and crippled, useless to him.

The Catalyst Student Ministries of First Assembly of God, a youth group, gathered students and traveled to Mussoorie, India, encountering people such as Gudda, and other kids from the orphanage that they would be donating time at. Junior Jessica Villegas and other mission trip goes tiptoed in and out of the waste, surviving loved ones getting ill, cultural blockades, and finding extra compassion for the distressing accounts—what mission trips are all about.

While in India, eight-year-old McKenna Hintz, daughter of Sharla and Pastor Mike Hintz, became sick with pneumonia and needed to be rushed to the nearest hospital for medical attention. Villegas said, "We were in a different country with not a lot of hospitals and she was really sick."

Junior Rachael Behnke, who regularly took care of Hintz before the expedition, shared strong concerns with Villegas. Behnke said, "I was scared we were in India and they were hard to communicate with." Behnke and Villegas were relieved that McKenna came out of the situation well, and were able to focus on the children in the orphanage again.

Villegas didn't pay the capital to travel there on a fling; she looked in those children's eyes and saw herself right back in India helping kids like Gudda. Villegas said, "When I get out of college I am probably going to have an orphanage in India (or) Tibet. I have a heart for hurting children." *spread by Elizabeth Kirk and Meri McGrath*

Folding and stacking shirts, Junior Jenna Hukee works at her job in Gadzooks at Jordan Creek Mall. Hukee was hired when the store opened, but decided that a new job would fit into her schedule better so she quit after a month and a half.

photo by Dani Martinson



finding
blind
perspective
in
someone
else's
eyes

⌂ Catalyst
Student
Ministries
of First
Assembly

⌂ Mussoorie,
India

⌂ June 5-23

August

The Iowa State Fair celebrated its Sesquicentennial by heating up the sound in the Grandstand with various styles of music. Bands such as Nickelback, Puddle of Mudd and Finger Eleven psyched up the crowd. The state fair had record attendance counts of 1,054,000 people total.

Scott Peterson of Redwood Calif., was put on trial for the alleged act of first degree murder of his wife, Laci, and unborn child. New evidence, hair and fingerprints of the murderer were found to attest to the fatal crimes. In November Peterson was found guilty.

August

student life

The Herff Jones representative, Marc Havnen, sizes senior Kristin Badgley for her class ring. Badgley purchased her ring on Sept. 14. According to Badgley, usually students are sophomores when they purchase their rings, but Badgley's mom wanted her to wait to get the ring until her senior year in case they moved.



photo by Dani Martinson

Junior Mackenzie Fisher pays close attention to the television as Senator John Kerry and President George W. Bush dispute during the first presidential debate. Fisher was an avid Bush supporter, but admitted that Kerry did a better job at the debate.

photo by Dani Martinson



photo by Dani Martinson



Strategically planning out her next move, junior Ashley Meade plays a competitive game of checkers against senior Matt Dominguez. The two dueled after a Fellowship of Christian Athletes gathering at Junior Abby Morris's house on Sept. 30. Meade won the game, but Dominguez had won a previous match which made them tied and ready for a tie-breaking game.



photo by Dani Martinson

Carefully listening to senior Alex Contino strum, Junior Andrew Shields helps tune his guitar. The two were part of the four-member band Eight Fold Path. The band included Contino on the bass, Shields on the guitar, and Juniors Tim Gannon on the drums and Dane Larsen on the saxophone.



photo by Dani Martinson

Senior Peter Langston helps sophomore Brent Barz jump start his car after his battery died on Sept. 15. When Langston connected the cables to Barz's car, "there were some major sparks and they scared the bejesus out of me," he said.



photo by Dani Martinson



photo by Dani Martinson

september

With lack of money, the Johnston Simpson Barn could not put a new roof on the building. The Johnston Chamber of Commerce came to the rescue by giving the organization money for the barn's new roof. The house and the barn were to be used for a museum.

Two Des Moines women received 2005 Pontiac G6s while on the Oprah Winfrey Show. The toughest part of the deal was keeping the secret that they got new cars because everyone asked if they got anything and they had to lie until the show aired.

SLC creates TLC

Pilot program aims to promote sense of belonging

About 100 sophomores were affected by a major change in scheduling that made going to class feel like a trip back in time to middle school. The school piloted a new program called Smaller Learning Community (SLC). Its goal, according to history teacher Alicia Rollison, was "to make students feel more comfortable in the classroom and participate more during class."

Principal Bruce Hukee, along with superintendent Richard Sundblad and members of the school board, decided to implement SLC on a trial basis. It was intended as way to give students a sense of belonging, develop stronger peer and student-teacher relationships, and promote improved attitudes, attendance and higher achievement. The group was randomly chosen from sophomores who had made similar course selections and was kept together for core classes.

According to sophomore Erica Weirich, one advantage of the arrangement was that teachers coordinated their activities. "I think that teachers plan better by not putting tests and projects in the same week," Weirich said. However, Weirich felt that her placement in the group kept her from seeing her friends.

Sophomore Ashley Erickson felt that teachers tended to give students more one-on-one time

compared to other classes. Erickson also said, "When I was in a bigger class with more people, I didn't want to raise my hand because I thought people would make some kind of negative comment to me. With this program I'm more involved in raising my hand in class."

Math teacher Adam Retzlaff felt that some sophomores benefited from SLC, but others did not necessarily need the program to be successful in school. Overall, though, he thought it was a positive addition. Retzlaff said, "I think that it was very good because as a teacher I know where a lot of the students are at in the program because of the amount of time that we talk with students." spread by Dani Martinson and Amanda Kennedy



sophomore Erica Weirich

Sophomores Ben Kohles and Logan Volz work together on a project about marijuana in their Smaller Learning Community health class. "I hate small learning communities. I only see a small group of people all the time and I want to see more of my friends," Kohles said.

Dripping with sweat, junior Kelsey Brown struggles to hold herself up in a tabletop position. Brown went to the afterschool workout program for girls in basketball and softball during the off-season. It consisted of running, jumping rope, hurdling and doing tabletops and ladders. The workout was led by girls' basketball coach Rich Gradoville and softball coach Todd Merical.

Hurricane Ivan hit the western side of Cuba with severe winds and monstrous waves. Many Cubans feared that when the storm was over there would be nothing left of their homes, but there were no reported deaths or injuries from the hurricane.

At 9 p.m. the first of three presidential debates was held at the University of Miami in Coral Gables, Fla. Approximately 63 million Americans viewed the debate on television. The debated topics were foreign policy and national security.

student life

Anxiously waiting, senior Jason Rude listens as the name of homecoming king is read. Rude was excited to win this title. "I didn't expect to win," Rude said. "It was a great thing to earn."

photo by Kristin Bascalljon

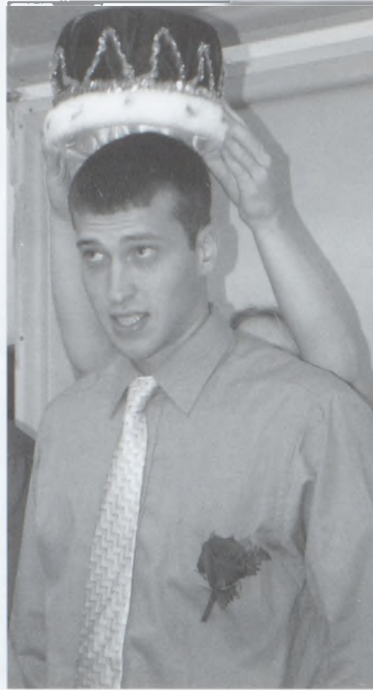


photo by Matthew Schultz



Junior Kenl Schroeder gets mixed signals on which way to go as junior Spencer Reed tries to coach the powder puff football game. According to Schroeder, playing against both the sophomore and senior teams was challenging because many of the girls were very skilled.

Being posed, seniors Nick McKinley and Allcia Richards get arranged with the help of a Mullica representative before their photo is taken. "It just so happened that I was wearing black and white, and I was surprised that I got \$2 off when I showed up in my friend's borrowed dress," Richards said.



photo by Stacie Bendixen

Spinning around a bat at Rock Around the Clock, junior Lindsey McCulley becomes dizzy. "The most fun thing about Rock Around the Clock is rallying around outside the stadium gates," McCulley said.



photo by Matthew Schultz

homecoming

To kick off homecoming week, Rock Around the Clock was held on Monday night. Despite the controversies of shirt names and cheating, students still participated in their favorite games. Before the games began, students enjoyed a barbecue inside the stadium.

Sophomore and junior girls took the field to battle out old rivalries at the powder puff football game. It was the first time the freshmen were not able to participate in the tournament. The seniors took the field shortly after and were deemed supreme winners that night.

Shock Value Crackdown

Senior Brittney Hibbs, one of four girls on the homecoming court, is all smiles as she waits in line for the coronation ceremony. "I thought that the senior class did a great job of picking the candidates for the court," Hibbs said. "Everyone on the court looked great."

In an impromptu dance lesson, sophomore Geoffrey Ocdise (right) teaches sophomore Taylor Egly some hip-hop moves. "I really had a fun time even though I didn't participate in the theme," Egly said.

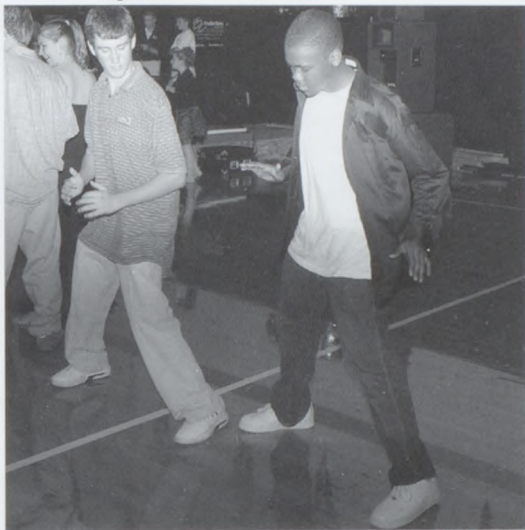


photo by Stacie Bendixen

Splashing into pudding goo, senior Jake Goedken slides into the kiddie pool looking for golf balls. He competed in Rock Around the Clock as part of the "Black Shirts" team. Goedken said that according to Hukee, the shirts were inappropriate for participation in school activities because they contained the initials 'BS,' and the team was forced to wear them inside-out.

photo by Stacie Bendixen

It was their sophomore year and everything was good. No one asked the team about the use of the word 'mafia' before they gleefully dove into industrial amounts of pudding, no one was wearing their shirt inside out, and everybody was wearing tube socks.

Now, their senior year, as they marched out onto the field, they wore inside-out T-shirts with their tube socks. This time, the name "Tube Sock Mafia" was deemed inappropriate due to the use of the word 'mafia.' "I guess mafia is a bad word these days," senior Josh Geneser said.

Supervisors of the event and administrators felt that students were becoming more and more risqué with the team names and graphics each year. "We're having to spend more time than we ever have in the past looking over team names and graphics," principal Bruce Hukee said.

If the administration found a team name or graphic obscene or inappropriate, the team was urged to correct their mistake. "This year we decided the word 'mafia' has a lot of negative connotations that go along with it, and we don't feel like those values belong in a school environment," Hukee said.

Using the defense that it was acceptable in the past, the Tube Sock Mafia marched into the stadium prepared to get gooeey and play to win. "I think we should be able to do whatever we want. It's a public school," junior Tim Gannon said.



senior Josh Geneser

Members of the team were given the choice to turn their shirts inside-out or be disqualified. "We have a zero tolerance policy," student council adviser Chris Beguhn said. "We tell the team that they will not be able to play with that name or graphic, if they want to play they need to change whatever we find inappropriate."

Due to the administration's concern over the increasing amount of questionable shirts and team names they were considering eliminating the creation of the names and shirts. "We are strongly considering switching to generic shirts and team names," Hukee said. *spread by Matthew Schultz and David Zorn*

The home team felt the fierce roar of Roosevelt's Roughriders as they were defeated, breaking their two-year homecoming winning streak. The final score of the game was 34-14. Before the game students enjoyed tailgating in the parking lot.

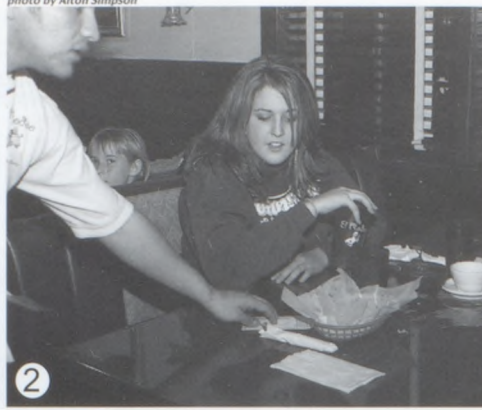
The dance was held in the high school's small gym. The theme of the dance was "A Black and White Affair." Students received a discount on admission from the original \$10 to just \$8 if they dressed according to the theme by wearing black and white.

student life

photo by Afton Simpson



photo by Afton Simpson



Caption Key

1

Proving her identity, senior Karly Collier shows her drivers license to teacher Kelly Coleman in order to enter to take the ACT on Oct. 23. Students were required to be checked into their testing room by 8 a.m. Johnston was just one of the numerous testing centers around the metro area.

2

During one of her weekly visits to El Rodeo with senior Bethany Goodenow, senior Kelly Johnson receives the bill from her waiter. "Every time we go we just hang out and catch up on what is going on," Johnson said.

3

Watching the blood flow from her body at the Blood Center of Iowa, senior Kristin Boscaljon does her normal routine to keep it flowing with pressure. Boscaljon said that she would squeeze her hand to the beat of the machine.

4

Passing the time with cards, senior Sean Coughlin plays a game of solitaire while junior Andy Goers watches. The two were waiting for their results at the All-State Chorus auditions.

5

With open hands, sophomore Austin Strawhacker reaches for the football while he referees Little Dragon flag football. Strawhacker officiated flag football games on Saturday mornings with fellow football players.

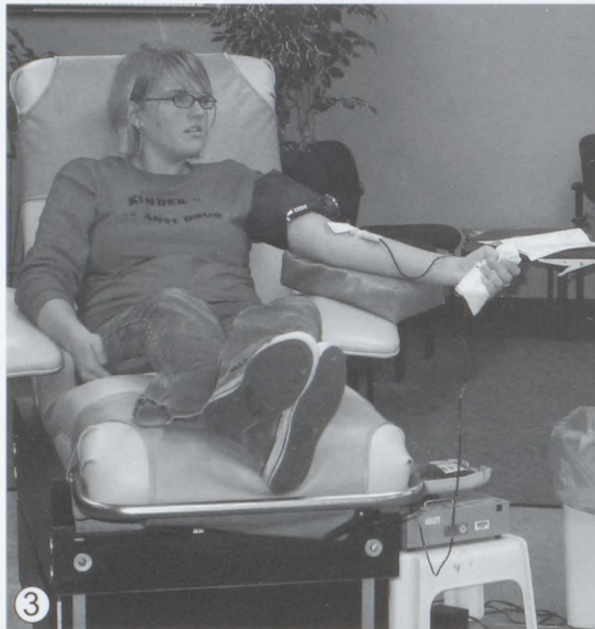


photo by Wendy Xu



photo by Whitney Warner

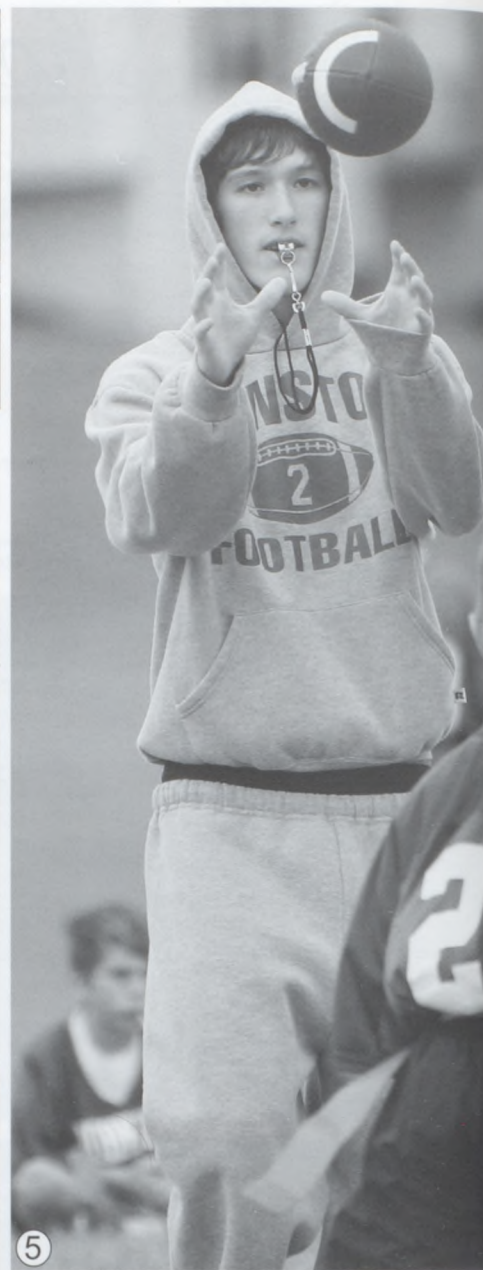


photo by Afton Simpson

october

With a flu vaccine shortage early in the month, President Bush announced on the 13th that Canadian help was on its way. However, on the 14th America's top health officials and other experts said that getting more vaccines from Canada was unlikely.

The Great Bambino released his curse on the Boston Red Sox, allowing them to become the World Series champions for the first time in 86 years. The legend says Babe Ruth had cursed the Red Sox for trading him to the Yankees in 1919.

Democrat's Dilemma

photo by Afton Simpson



photo by Megan O'Toole

Captions continued...

6

Shaking hands with Republican Senator Chuck Grassley during his visit with seniors at the middle school, senior John Sachs introduces himself. Sachs said that Grassley seemed like a nice guy, but they could never get along as long as they talked politics because of their contrasting views.

7

Sachs is on the phone with Democratic National Committee chairman Terry McAuliffe. Sachs had two minutes to explain what happened to him when Bush visited the 7 Flags Events Center. According to Sachs, the DNC wanted to publicize Republicans' treatment of Democrats attending their events.

With his rights stripped away along with his pin, senior John Sachs quietly sat alongside fellow classmates Tim Sanders and Alex Grasso at the Bush rally at 7 Flags Events Center.

After Sachs had already passed half a dozen Iowa Republican staffers on his way inside, one stopped him and asked him to turn over his pin that said, 'Bush Cheney '04, Leave No Billionaire Behind.' After reluctantly handing it over he returned to the line. "I thought I was going to get kicked out," Sachs said. After several moments the

Bush staff member came back a

second time and asked Sachs if he was a Bush supporter and he said, "No, not really." When asked the

reason he was there, Sachs

explained that he came to ask

the president questions about

Medicare, Social Security, the

war in Iraq and homosexual rights.

Sachs was surprised and shocked when the staffer told him, "If you protest it won't be me to take you out, it will be a sniper."

Before entering Sachs was approached a third time and was told that he wasn't allowed

to ask any questions of the

president. Sachs said, "I was just

pissed at that point." Sachs and his

friends were followed inside and observed

through the entirety of the rally. Sachs said he

wasn't scared until he got inside. "Being

threatened I was going to be shot got to me when I

was surrounded by the Secret Service." After the

rally Sachs confronted the man that had taken his

pin and asked for it back. The man told Sachs that

he had lost it.

Sanders, who witnessed the run-in, said at first

he could understand why they had been

approached but was a little shocked by the tone of

the volunteer. "But halfway through the rally

when I found out about the (sniper) comment I

was just angry and agitated," Sanders said.

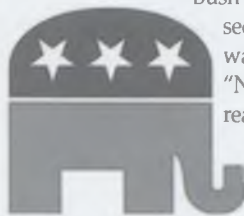
"I was angry I got my First Amendment (rights)

taken away," Sachs said. "It's hard to be a young

American with your rights taken away when you

want to ask your leader a question because he's

making all the decisions for you." spread by Afton S.



Anti-Bush
button
causes
trouble at
Republican
event

With Iowa being an undecided state in the month before the election all the presidential candidates made visits to the state. Both President George W. Bush and Senator John Kerry made stops in the Des Moines area that students were able to attend.

A substitute teacher took the place of history teacher Jerry Kinder throughout the entire month. Many students were upset with this, including junior Jessica Upton. Upton said, "It was hard to know if we were learning and focusing on the right things for the tests."

student life

Who'd **YOU** side with?

"I was pleased that Bush won, mostly because my parents are Republican. But I agreed with Bush's policies on the war on terror."

-Klay Queck '07

"I was rooting for Kerry because I believe people should have the right to choose their life and not have the government run it"

-Sandra Rodriguez '06

Sifting through the mountain of canned goods, senior Mallory Beck and junior Sarah Froehlich pass time away during their second period student council class. The cans and other nonperishable goods were collected as a service project for student council. "I was really surprised how many people showed up," Beck said. "It made for a rockin' good time."



photo by Kristin Boscaljon

Senior Molly Hanson counts premature birth bracelets during A lunch. Hanson and other SAIL members sold the bracelets for \$1 during the school day. The bracelets were available in pink and blue. The money that was raised was given to The March of Dimes.



photo by Matthew Schultz

Watch out, Martha Stewart. Sophomore Sarah Parks helps her mother by creating an apple pie for their Thanksgiving feast. "This is the first year that I've ever made a pie myself, since I just learned how to in Culinary Arts class," Parks said.



photo by Matthew Schultz



photo by Matthew Schultz

november

The presidential election was held between Republican President George W. Bush and Democratic Senator John Kerry. Results of the election were not known until the following day when Kerry conceded, putting Bush in office for his second term.

Iowa Department of Public Health officials said about 74,000 additional doses of flu vaccine were sent to Iowa between November and January. This was in addition to the approximately 450,000 doses already received. The additional flu shots would help meet the needs of the high-risk populations.

The Power of a Voice

Her fear of snakes tossed out the window, senior Liz Hilby holds junior Ben Hokschi's snake, Mary Jane. The snake was brought to senior Wendy Xu's house as part of an election-day party. "I'm really terrified of snakes, so I don't know what made me want to hold it. But once I did, it wasn't as bad as I thought it would be," Hilby said.

Junior Brian Underwood opens his Roberts milk carton during B lunch. The glue on the cartons was changed halfway through the semester to quiet complaints about the difficulty accompanied with opening them. Underwood felt that the change in glue was for the better.

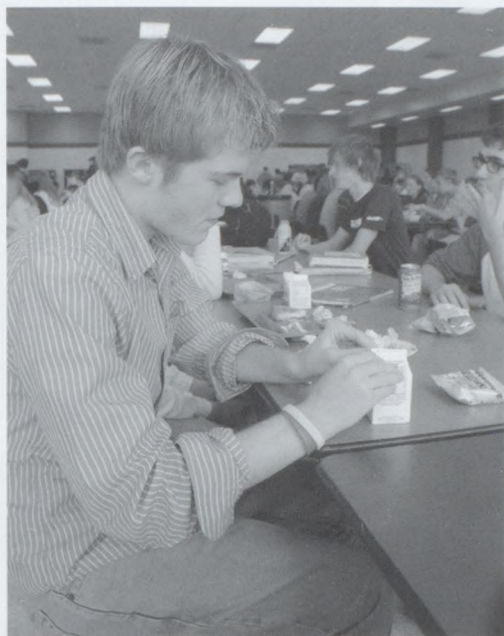


photo by Elise Mullen

With growing excitement over her fast-approaching graduation day, senior Meredith Crowder orders her cap and gown from Herff Jones representative Marc Havnen. In addition to caps and gowns, Havnen was in the commons for two days selling graduation announcements and other novelties to the senior class.



Eric Nerison, ten, was on his way to church around 6 p.m. when he was hit by a car trying to cross East 29th Street in Des Moines. Police reported the vehicle as a white Bonneville that allegedly hit the fifth-grader and then fled the scene. According to the police, lack of street lighting may have been a factor.

Social studies teacher Pat Hennes was sitting at his desk when his telephone rang. He answered to find it was the Polk County Board of Elections calling to inform Hennes that he had been elected to be Commissioner of the Polk County Water and Soil Conservation Board.

Hennes immediately thought of the events over the previous weeks. "I had gotten a copy of a sample ballot for the elections and was going over each of the offices and who was running (to show my Government classes)," Hennes said. "There were three openings for Polk County Soil and Conservation Commissioner, but only one was filled and a student asked me what happens with the other blank positions, so I said that whatever write-in candidate that wins will fill the position."

As senior Joe Thuente listened to this, he came up with an idea. He decided he would write in Hennes for the position, and began to tell fellow students to do the same.

"I thought it was pretty funny, because I didn't have anything better to do," Thuente said. Soon the word had spread throughout the school and even made it down to Central Campus. Thuente's father, Neal, who owned Victoria Cleaners, told his employees about the idea and the "campaign" kept spreading.

Senior Peter Langston was among the 34 people to cast a vote for Hennes. "I heard about it from (teacher Jay) Shackett and I thought it'd be a good joke. I kind of was surprised when I found out he won," Langston said.

Once Hennes had found out that he had been elected, he made some phone calls so he could better understand what the position entailed. "I found out they meet the first Tuesday of every month, but nothing about what they do," Hennes said. "I got annoyed trying to find out what a commissioner does. I decided that I probably shouldn't be one. I considered it, but decided that I have enough other things to keep me busy."

Thuente wasn't too upset when he found out that Hennes declined the position. "I knew the whole time he would (decline), but was surprised that he considered it," Thuente said. *spread by Matthew Schultz and Kristin Boscaljon*



teacher Pat Hennes

Senior starts successful campaign to elect teacher

Palestinian President Yasser Arafat, 75, died in Paris. He was buried outside the Palestinian Authority headquarters. Arafat was viewed by many Israelis as a ruthless terrorist while he passionately sought a homeland for his people.

student life



photo by Meri McGrath

three
four
five

Caption Key

Marching to the beat in their specialized jump suits, seniors Mikaela Donaldson and Ashley Johnson show support against their Urbandale rival. Many of the fans personalized their jump suits by spray-painting them purple and gold. "We got the jump suits because we wanted to be part of the crowd. We added rhinestones (to our jump suits) to accessorize," Johnson said.

Carefully scanning the box full of Christmas memorabilia, sophomore Kelsey Kovacevich picks a perfect ornament to add to her Christmas tree. According to Kovacevich, her favorite was her collection of *Wizard of Oz* ornaments, which she hung up first.

Eating her Oreo McFlurry,™ Junior Amanda Thrasher takes a break from wrapping gifts. Thrasher and a group of teenagers from all over Des Moines pooled their money together to buy gifts for a family that lost everything but each other in the Florida hurricanes.

Fingerling through the selection of Hy-Vee doughnuts for the pastry of her liking, senior Megan Hoover participates in the first book club meeting sponsored by English teacher Sarah Wessling. The founders of the club, seniors Kristin Boscaljon, Molly Hanson, Mallory Beck and Kristen Carter, decided to make a club to get more involved with the school. During this gathering, the club deliberated on the book they wanted to read over winter break and concluded to read *Catch 22* by Joseph Heller.

Trying her very best not to move, Junior Lindsey Ranney holds the glass still as her waitress pours the chunky chocolate malt over her head with hopes that none will spill. Ranney and a small group of her close friends celebrated her 17th birthday at Stella's Blue Sky Diner.



photo by Alicia Corron



photo by Alicia Corron



photo by Meri McGrath

december

Northwest Airlines instated a direct flight to Washington D.C. from the Des Moines Airport. The airline announced that it won a federal lottery that enabled it to take off and land at Ronald Reagan Washington National Airport. The first flights were scheduled for March 1, 2005.

Governor Tom Vilsack proposed income tax changes for the state of Iowa. Vilsack felt the tax changes would make the process simpler. He planned for revisions such as reduction, or even elimination, of taxes on social security and pensions for senior citizens. Legislation opposed the increases.

Jump in Suit



photo by Andy Pullen

Rumbling bleachers as well as enthused fans clothed in inexpensive white jump suits was the dream of senior Jake Hukee. "In sixth grade I saw Urbandale had them and always had the idea since I was little. I wanted to do it my senior year: bring some spirit to the school, everybody in the stands and everybody united," Hukee said.

As the football season ended and basketball was well on its way, Hukee began brainstorming where he would get inexpensive jump suits. After a conversation with senior Justin Steggerda, who was in charge of the Superfan T-shirt sales, Hukee logged on to the Internet to begin his search. He directed himself to www.uline.com, a jump suit website, where he discovered them at a low price of \$6. After using his mother's credit card to loan himself the money, Hukee purchased 116 jump suits, ready to start selling them.

Once the suits were handed out, fans could do what they wanted with them. Junior Peter Holmgren decided to print out a featured picture of himself in the *Johnston Register* the previous year and place it on his suit. "I had two (printed photos) on my butt and another on the chest (of the suit). I also put (senior basketball player Brian) McCrea's name on the back of it to honor him," Holmgren said.

Some were not as infatuated with the jump suits as others. Sophomore Grant Dippold was disappointed in the material used to piece together the jump suits because it ripped easily. "I was going to buy one at first, but I was dissatisfied with the fabric used to make it," Dippold said. Even though he didn't invest in one, he thought they were a great idea because of the spirit the school got from wearing them.

Senior basketball player Jon Palmer liked the suits and appreciated the support the school gave the basketball team. "It's a really good idea and creative. It's pretty cool and exciting for the basketball team and to promote school spirit," Palmer said. *spread by Alicia Corron and Meri McGrath*

Hukee establishes new fan involvement including jump suits, spray paint, and a whole lot of pride



senior Jake Hukee

After 11 and a half hours of deliberation, the jury decided Scott Peterson should be sentenced to the death penalty for the murder of his wife, Laci, and his unborn child. It was possible that Peterson's death sentence would be reduced to life in prison, but the chances were very slim.

Nearly 275,000 people were said to be dead after the tsunami in southeast Asia. It started with the strongest ocean earthquake in 40 years, and it was followed by 20-foot walls of water less than two and a half hours later.

student life

Carefully making their voices heard, sophomores Rachel Winterbottom and Lydia Givens stuff their votes for king and queen in the ballot box at the winter formal dance, a fundraiser for the winter cheerleaders. Not only did they attend the dance, but since they were cheerleaders they helped in decking the gym with lights and different fun activities.

photo by Kristin Boscaljon

Happily picking up her schedule for second semester from her homeroom teacher, sophomore Sam Pessolano grasps the piece of paper as sophomore Sarah Parks peers over her shoulder.

Even though the sophomores were able to pick out their classes, the counselors took it upon themselves to schedule for the sophomores. The reason for this was due to the large amount of students in the sophomore class as well as the Smaller Learning Community some students were involved in.



photo by Kristin Boscaljon

A strike in mind, senior Tara Blutt paces up, ready to roll the bowling ball down the alley. "I joined (the bowling team) because (senior) Fifi (Albathe) and (sophomore) Cassidy (Williams) joined, and because I played no other winter sports. At first I wasn't getting strikes, but later in the season, I got more strikes," Blutt said. Blutt did indeed move up on the roster; she moved from tenth on the list to sixth. There were 17 girls total.



photo by Alicia Corvan



january

Students were able to take it easy on an extra day of winter break. School was canceled because of the blustery weather and bad road conditions. This was the first time in seven years in which the school received an extended winter break due to snow.

One of America's favorite couples, Brad Pitt and Jennifer Aniston, decided to split because of civil disagreements. There were rumors that the breakup was caused by Pitt's possible love interest, Angelina Jolie. Pitt denied the rumors.

Time for a Change

The Dragon Responders



photo by Lindsey Lockner

Placing a maggot in the mouth of science teacher John Harris, sophomore Austin Gollightly takes the job of feeding it to him because no one else wanted to. Gollightly attended The Dragon Responders meeting when the Red Cross came to talk to the students about the tsunami relief going on in southeast Asia. Harris, sponsor of the Dragon Responders, raised money for the relief fund in his classes by eating a maggot for every \$10 raised.

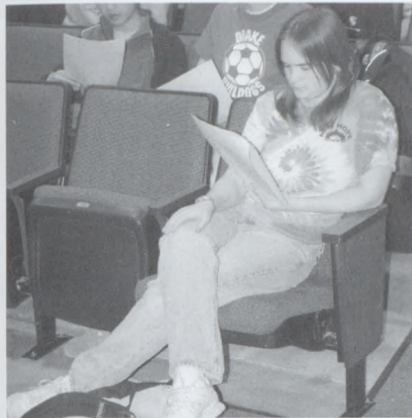


photo by Lindsey Lockner

Attending a JCYL/NCYL meeting, sophomore Michelle Cross looks over the paper given to her by counselor Sarah Reames. Cross attended the meeting because she wanted to better the school. She had an idea to give a newsletter to students that would tell them about different school activities. "Coming in as a sophomore, or freshman in my case, I didn't know what kind of things were offered," Cross said.

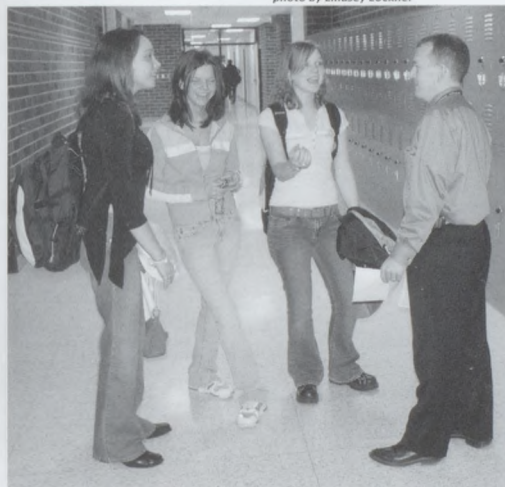


photo by Lindsey Lockner

Juniors Jenny Kreashko, Allie Welch and Nathalie Hurm stop associate principal and former social studies teacher Jerry Stratton in the hallway to let him know that they want him to return to teaching. "I wanted him to go back to the classroom so that I could take him for Government," Kreashko said.

With the absence of freshmen, it was assumed that one associate principal would be able to handle all of the disciplinary problems in the student body. However, halfway through the year the administration found itself in over its head. With over one thousand students, it was decided there was a need for help at the start of second semester.

Social studies teacher Jerry Stratton had applied for administrative jobs at many schools, including one at the high school. When the need for a second vice principal arose Stratton was the choice, since he had already applied for the job and was the second choice. "We saw the number of referrals coming across our desk and we saw we needed another person," Bruce Hukee, principal, said. "Stratton had interviewed in the summer and we thought he'd be able to handle the job."

After 12 years of being in the classroom, Stratton made the jump from teacher to administrator. Associate principal Deb Markert welcomed her new colleague. "With the number of referrals and truancies I had to handle, I was happy to receive the help," Markert said.

However, students would have liked him stay in the classroom. Senior Jenna Lammers had taken Stratton all through U.S. History and a semester of Government. "He was my favorite. I think students could relate well to him. He could take the unpopular opinion and totally turn it around and stump us," Lammers said.



senior Jenna Lammers

Junior Spencer Reed also took Stratton on the advice of people who had taken him previous years. He had heard that Stratton was a good teacher who taught a challenging class. "I was kind of disappointed (that Stratton left to be associate principal), but I know we needed a good administrator and he was a people's person," Reed said.

Even Stratton was disappointed about not being in the classroom, but he knew he could have a larger impact on the kids. "I see a wider range of kids since I've become an administrator because I'm used to dealing with just juniors and seniors, which is nice," Stratton said.

Although he left some sad social studies students behind, Stratton redefined his role to help everyone. "I know students hated to lose him in the classroom, but he's an asset here (in the office) and I appreciate having him here," Markert said. *spread by Alicia Corron and Lindsey Lockner*

Students
want
former
teacher
back in the
classroom

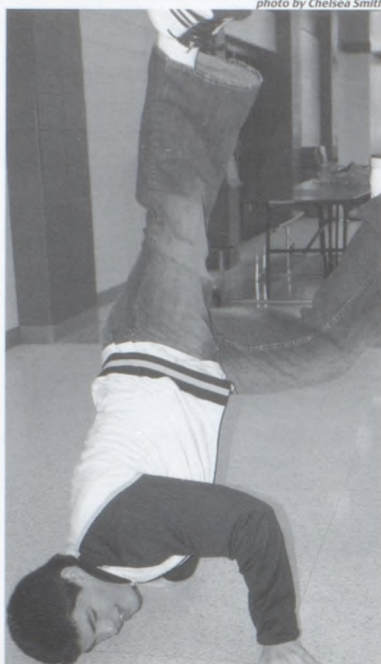
There was an explosion at a railcar repair shop in Council Bluffs. A manufacturing defect in a fuel tank had caused a chemical gas to be formed. A spark from a piece of machinery ignited the gas, and the explosion killed one man and injured three others.

Despite insurgent attacks, which had been predicted before the election, Iraqis voted for the first time in half a century. The last time they voted, there was only one name on the ballot: Saddam Hussein. Individuals were elected to help write Iraq's new constitution.

student life

Creating new dance moves for the hip-hop team he put together, sophomore Antonio Rodriguez attempts a headstand. The dance team ended after a few months due to disinterest and lacking numbers. "It was fun while it lasted," Rodriguez said.

photo by Chelsea Smith



Strumming away on her cello, sophomore Brianna Upton practices one of her favorite pieces by Johann Sebastian Bach, called "Minuet No. 2." "I attended a music camp in Kansas during the summer and fell in love with the sound of (the cello)," Upton said.



photo by Dawn Wilkens

Staring in the window at an empty office, senior Kelly Blaylock looks for the Interviewers for the Dollars for Scholars program. Seniors were awarded scholarships based on their grades and performance at the interviews. Blaylock later realized that she had shown up one hour early for her interview time.

photo by Alicia Corron



february

A pregnant 20-year-old Des Moines resident, Amanda Keubler, was accidentally shot in the abdomen by her boyfriend, Michael Page. Keubler survived the shooting, but the fetus did not. Page was arrested on the charge of drug possession and was released on bail.

Prince Charles and Camilla Parker Bowles announced their engagement. Their friendship had made the British public question the Prince's fidelity to the late Princess Diana. If Prince Charles were to become king, Bowles would be referred to as the Princess Consort.

Boys band together in music



photo by Chelsea Smith

Seating a group of newly arrived customers, Junior Dani Martinson spends her afternoon working at the recently opened 5 and Diner. "It's a really fun atmosphere and you get to listen to 50's music all day long," Martinson said. She also liked her managers' easy-going attitude.



photo by Chelsea Smith

Enjoying her early dismissal, Junior Robyn Norris grabs a lid for her Culver's® drink. "(On early out days) I usually go out to eat with friends or just go home to eat so I don't have to pay for food," Norris said.



photo by Alicia Corron

With her eye on her job, senior Kelly Sheeder laminates during her third hour service credit for library media associate Cookie Cranston. Sheeder was working on decorative shamrocks for the upcoming St. Patrick's day. "They (the jobs) are very enjoyable and never boring," she said.

Elizabeth Raughton, of Auburn Hills, Mich., from the "America's Most Wanted" list, was arrested in Mystic, Iowa after a 12-year search for her. Raughton was charged with fraud in 1992 and was found guilty of killing a 79-year-old woman.

Sean Wilkinson and Clay McKemie, of Rome, Georgia, both 14, were separated from their group during a school-sponsored kayaking trip on the Suwanee River. They lost sight of their pack in rough waters. Their bodies were found by the Coast Guard the next day.

Music had been a part of life for junior Andrew McManus, but he had not always performed live. "I began performing at Java Joes at an open mic night," he said. McManus enjoyed it and for a few weeks he performed solo singing and playing his guitar.



Junior Andrew McManus

McManus asked some students to play with him: senior Alex Contino and junior Tim Gannon. "We were messing around in Tim's basement and I asked them if they wanted to play with me that night," McManus said.

This wasn't the first time that they had ever played together, though. Their sessions began the previous summer and continued from there. "One day we got together and it worked," Gannon said. Gannon played the dejembe, a type of African drum; Contino played the keyboard and the drums. They played about once or twice a week at each others' houses.

"The first time we played (at Java Joes) there were about 25 people. After that we were completely full. It kind of sucked because it was hard to get around," McManus said. According to McManus, about 50 to 100 people came one night, making for a full house.

Many Johnston students came to watch them play and give them support. Senior Keelie Fisher had seen them perform about five times and was impressed. "They're awesome. Andrew makes his own songs and he freestyles," she said.

Students weren't the only people who watched them. "There's old guys and locals and a lot of teenagers in the crowd," Fisher said.

Gannon liked the fans at Java Joes but would gladly play for a small number. "I just like to play. I could be playing in front of my grandma or 1,000 people. It wouldn't make a difference," he said.

Their main style of performing was thinking on their feet and having fun. "We normally practice the sounds before, and then we just improv it up there," Contino said. He liked his style and found it humorous. "Everything is funny when I'm up there. I laugh a lot when I perform," Contino said.

The students enjoyed playing at Java Joes but had thoughts about playing at other locations for more variety. "It's a fun place. It would be better if we could play other venues," Gannon said. McManus was planning on playing other places solo, like the House of Bricks, and with his group. He also had tentative plans of going on tour the following summer. *spread by Grace Meiners and Chelsea Smith*

Student musicians perform at downtown coffee shop

student life

1.) Glancing through the screen of her digital camera, senior Carrie Eckermann takes pictures in downtown Des Moines. "I love photography," Eckermann said. "I like how aesthetically pleasing downtown is." After taking the photos, Eckermann would print them off her home computer and hang them on her basement walls.

2.) Solell employee Lindsay Parry, senior, explains the meaning of the buttons inside a tanning bed to one of her potential customers. Parry worked an average of 30 hours a week during spring break. "There were a lot of people who came in (to tan) two weeks before spring break. Everyone was purchasing spring break packages and student packages," Parry said.

3.) Junior Kendra Beane converses with freshman Kaitlyn O'Toole at freshman orientation, which was held March 29. "I told the freshmen that they should go out for all the extracurricular activities, because if you don't, you'll regret it. It's the best time of your life. I also explained to them how the cafeteria works."

4.) Clippers in hand, Junior Andrew Doudna shaves sophomore Sam Leahy's head during teacher Amy Lane's seventh period Psychology

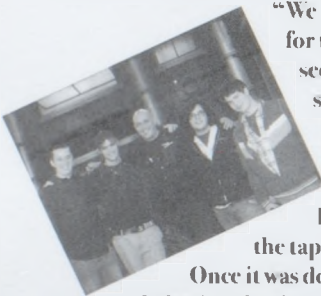


class. For a period of one week, Lane and teachers Jackie Sapp and John Harris raised money in their classrooms for Cystic Fibrosis. "I said if three-fourths of the class brought in \$3 each, I would shave my head, and they did," Leahy said.

5.) Senior Li Zhen rearranges the words to the poem "Fire and Ice" by Robert Frost in AP English. The class was visited by a teaching candidate who was interviewing for a job in the English department. The students were given an envelope containing all the words of a poem by Frost. They were then asked to make their own poems using those words, or try to recreate the poem as Frost originally wrote it.

Spring Break

Seniors Cole Brackney, Mike Farrell, Trent Peterson and Craig Waldschmitt ventured to Chicago on their spring break to view a taping of the "Jerry Springer Show." They are pictured below with a security guard from the show.



"We had to show up a couple hours early for the taping. When we got there, security checked our IDs to make sure the name on our ticket and IDs matched. They also made sure we were wearing clothing that had no logos on it. After that, we were herded into a waiting room until the taping of the previous show was over.

Once it was done, they led us into the studio and a lady placed us in the third row. A guy came out and told us what to do during the show; it was stuff like no swearing. After that was over, Jerry came out and did a stand up routine, probably to spice out our reactions for later in the show. Then the actual show started. Chants were led and we were really coached on what to do. There was a bunch of nudity, cursing and fighting. All of the fights were real. Overall, it was a great time." -Peterson



photo by Kristin Boscaljon



photo by Afon Simpson



photo by Alicia Corron

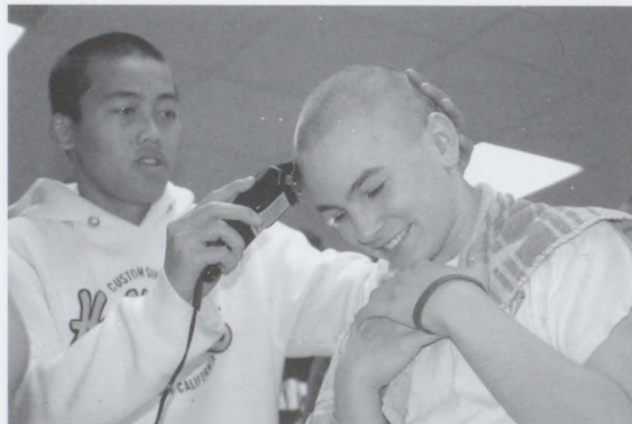


photo by Matthew Schultz

march

Students flocked to the Val Air Ballroom to see the Taste of Chaos tour. The tour featured The Used, My Chemical Romance and Killswitch Engage. My Chemical Romance released a new album shortly before the tour entitled *Three Cheers for Sweet Revenge*.

An 8.2 magnitude earthquake shook the remote tropical island of Nias, Indonesia, just three months after a devastating tsunami destroyed the area. A regional governor informed reporters that 1,000 people perished due to the massive earthquake.

Interactive Interviewing

Students
participate
in teacher
hiring
process

With 44 minutes to go and an interviewee in front of them, students prepare to listen to a lesson from someone they have never met before, interviewing for an open teaching position.

According to principal Bruce Hukee, there were 15 teaching positions open for the 2005-06 school year. In addition to having a formal interview with the administrators, all interviewees had to teach a mini-lesson to students in a classroom setting.

With two Spanish positions open, Spanish teacher Pam Barnes's classroom was used to host five interviews. This was completed during five of her six classes on one day. Barnes had given the interviewee information on what section they were studying at the time. This helped Barnes to stay on track with the planning of her classes.

Sophomore James Frizzell was in a class with a teacher interview that he thought was excellent. Frizzell said, "She taught us stuff we already knew but she seemed to be a good teacher," and she taught new material well. This teacher ended up being one of the 13 who was hired within the month.

Sophomore George Vardaxis was not so impressed with the applicant who taught in his class. "(The candidate) took a long time to think about the question I asked her. It really seemed like she didn't have a very good grasp of what was going on," Vardaxis said.

Although Barnes had some experiences that were better than others, she thought the interview process had a positive outcome.

When they taught a mini-lesson it could be "the most revealing thing of being able to choose a good teacher," Barnes said. She felt using this technique to choose good teachers, which would benefit future students, was worth giving up class time.



sophomore George Vardaxis

English teacher Debbie Banashek-Cole's room was also used as an interview site. It was much harder for her because fewer of her classes were used, and they were not able stay on topic. "It makes planning harder," Banashek-Cole said, "but it doesn't bother me, I'm fine with it. It is kind of personally interesting to be there during the process." *spread by Afton Simpson and Kristin Boscaljon*



photo by Kristin Boscaljon

The body of 10-year-old Jetseta Gage was found near an abandoned mobile home 45 miles away from her Iowa home, where she was abducted. Convicted Iowa sex offender Roger Bentley was charged with the kidnapping and murder of Gage.

Thirteen days after her life-sustaining feeding tube was disconnected, Terri Schiavo of Florida died in her room in Woodside Hospice. Schiavo, who was 41 when she died, had been incapacitated since 1990 after suffering a heart attack that caused permanent brain damage.

student life

At the JCS Foundation Hall of Fame Banquet where seniors Lori Bjork, Tom Danielson and Jason Rude received the Student of the Year award, sophomore Angela Schaefer personally compliments their achievements. She took time out of her day to play her oboe with a few other volunteers from the band. "I'm usually one of the first people to sign up for volunteer activities. I think it's fun," Schaefer said.

photo by Alicia Carron

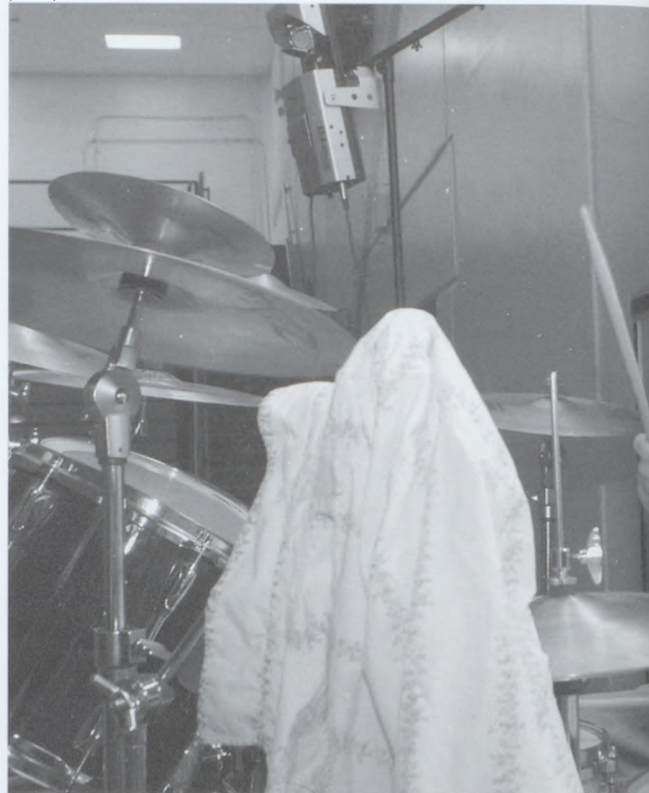


Senior Megan Samson consumes her meal with children from her work, Kid's Connection, at Perkins on April 15, a teacher in-service day. Samson planned on working at Kid's Connection in the summer months.

photo by Alicia Carron



photo by Mike Slusark



Quite literally risking life and limb, Chris Pilkington, sophomore, slides down a hand rail while sophomore Griffin Crowder mans the video camera for personal enjoyment. "When you're doing scary tricks skateboarding, you just have to go for it. The more you hesitate increases the chances that you'll get hurt," Pilkington said.



photo by David Lere

Reading a magazine during an early out P.E. day, senior Alyson Denny earns her point for the day. Denny was diagnosed with mononucleosis. Some symptoms Denny experienced included excessive sleeping, enlarged spleen and loss of appetite. Because of this, she had to miss a week of school, two weeks from her job and many days of P.E.



photo by Chelsea Smith

Junior Katie Caldwell's blue ribbon artwork was featured in the CIML art competition held in Urbandale. "I was surprised when I found out I won. I didn't even know they were judging my stuff," Caldwell said.

Pope John Paul II, 85, died of septic shock, in which blood pressure drops precipitously because of infection. Thousands flocked to the Vatican in Rome to honor the Pope by attending his funeral. Cardinal Joseph Ratzinger, 78, was elected as Pope Benedict XVI on April 29.

A petition was sent around the city of Johnston to gauge support for additions to the school district. Principal Bruce Hukee also initiated a petition in Government classes. The additions up for consideration included a new stadium and elementary school and additions to the 8/9 building.

april

French Comin' to Town

Performing with the rock and roll band Tomorrow's Storm, sophomore Brian Smith puts a little soul into playing the drum set. One hundred people attended the tsunami relief concert to benefit victims that suffered in southeast Asia.

Senior Mike Mertz gets down in the limbo competition held at the first annual Sadie Hawkins Dance during Spring Fling week. "I had fun because everyone there was dancing and having a good time," Mertz said.

photo by Susan Clausen



photo by Susan Clausen



Bewildered by the surprise party, French exchange student Sophie Hauck celebrates her birthday at sophomore Susan Clausen's home. "When the cars pulled into the driveway, Sophie asked me 'Susan, what are all these cars doing here?' She had no idea they were there for her," Clausen said.



collage provided by Katie Caldwell

Visiting the grocery store, participating in a campus visit at Grandview College and attending an Iowa Cubs baseball game were just some of the activities the French foreign exchange students did the week they were visiting the United States from Saint-Etienne, France.

After a three day sight-seeing adventure in Chicago, they planted their feet in the state of Iowa from April 25 to May 3. "We had a lot of interest (to host the French students)," teacher and coordinator Mary Moermond said. Twenty French students and two teachers came to America.

During their stay, students either went on planned activities in the morning or went to school with their host. "They went to school with us for two days. He (my French student, Amaury Beaulaigue) didn't have a clue. He didn't understand (the teacher) at all. He wasn't very good with English," sophomore Calvin Vernon said.

At night, activities were planned solely by the hosts. "I had a bonfire at my house. It was my mom's idea. I don't know if they have bonfires over there, so it was something new for them," senior Trent Peterson said.

Other activities included shopping sprees at Jordan Creek mall, dining out at Panera Bread and Stella's and dancing the night away at Club AM. "The French kids were in no hurry. You would have to tell them 'Hey, we're going' 15 minutes before you planned to go," Vernon said.

Even though some were out partying every night, students took a great deal from the French being here. "I'm glad she (Justine Basson, French student) came. She improved my French a lot," sophomore Cassidy Williams said. *spread by Alicia Corron and David Zorn*



Junior Tine Schempp,
Thomas Bruil
and Louis-Noel
Loranclon

Foreign
exchange
students
experience
life in
Iowa

Legislation was passed to increase the speed limit on rural interstates from 65 to 70 mph. Governor Tom Vilsack was urged to raise them by lawmakers, who said studies showed drivers already drove an average of 69.8 m.p.h.. Speed limit changes would become effective on July 1.

In a case of cold feet, runaway bride Jennifer Wilbanks was found 1,420 miles away from her home in Georgia. She told her fiancé, John Mason, she was kidnapped; instead she cut her hair and took a bus to Las Vegas in disguise. Police found Wilbanks in Albuquerque. They did not press charges.

student life



photo by Grace Meiners

Senior Tom Danielson and Junior Stacy Syroka gleam as they slow dance with one another. "It was really fun and was the best dance so far. Normally, something goes wrong with my dress or when to leave but things were really smooth this time," Syroka said.

Watching the chip make its way down the board, Junior Nathan Vorm plays Plinko at after prom. Some of the other games in were black jack and BINGO. "I thought after prom was okay but I went to Adel's and it was better because it had more things to do," Vorm said.



photo by Matthew Schultz



photo by Grace Meiners

Junior Brandon Betz smiles brightly as he dances with Junior Emily Vander Ploeg. This was their first time at prom. According to Betz, prom was better than the other school dances he had attended because it wasn't boring and there were things to do.



photo by Matthew Schultz

Junior Krysten Steen races down the hallway on a stuffed purple dragon. "I didn't go to prom but I had a lot of fun at after prom. I won \$14 and a lot of other stuff that paid for (Junior) Brett (Hagan) and I's dates we went on days after prom," Steen said.



photo by Matthew Schultz

prom

Junior Amanda Friestad had to get up at 6 a.m. to get ready for work at Marshall's. According to Friestad, this added to her already hectic day. She had to work until 12:30 p.m. This cut down on time she had to get dressed and ready for a long night of dancing.

Three hours were wasted when junior Nick Shoeman dealt with Hy-Vee Flower Shop mistakes. The corsage for his date, freshman Rachel Stanley, was returned because the callalilies were missing. His mom called and got them to fix it for him for no extra charge.

Tradition Continues

Students
convince
teachers
to help
with
walk-in

Arms linked, white carpet laid out, flashing bulbs, parents all around and names being read from a piece of paper were just a few of the treatments the students received when getting announced as they entered Hy-Vee Hall.

The walk-in of the students was something the prom committee thought might not happen because of the controversy surrounding the entrance. One issue was figuring out how and where to set up the carpet and the placement of flowers. "Since the upstairs rooms were rented by another school, it couldn't be outside and we were unsure if the rooms next to our room was rented. We had to wait to find out where we could place the walk-in," teacher Pam Brown said.

Another problem was who would announce the students and their dates as they entered Hy-Vee Hall. "I don't think the teachers wanted to stay that late and it took awhile to get the teachers to agree to help," senior Kiley Waltz said.

The committee was having a hard time finding teachers to agree to announce the students because of the time issue, but some were willing to help. "Kiley went around to all the teachers and she was able to get Ms. (Amy) Lane, Ms. (Alicia) Rollison, Mr. (Patrick) Hennes and Mr. (Chris) Siewert to help announce," senior Cindy Hunting said.

Most students were glad to have the walk-in treatment. "I enjoyed the cheesy glamor, walking down the carpet and getting all dressed and getting your hair and nails done," Hunting said. While some enjoyed the extra glam, other thought it wasn't necessary.

Students were given the choice of walking on the other side of the runway and not getting their names announced. "If students did not want to do the walk-in, all they did was walk around," Brown said.

Junior Brooklyn DeSart said, "It was just a white carpet with flowers lining it. I didn't want to be stared at by all the parents and other people there so I just walked on the other side of the carpet." Even with DeSart's mind-set, she thought it was a good idea since some people liked it, but it wasn't for her. *spread by Shaina White*



senior Cindy Hunting

Senior Molly Ver Mulm poses to get her picture taken by her mom, Martha. She was voted prom queen and senior James Friestad was named prom king. According to Ver Mulm, it was nice to win but she didn't expect it; she was happy just being on the prom court.

Holding her boyfriend close, senior Jenny Carl dances with graduate Nick Hageman. Prior to the dance, Carl and a group of friends treated themselves to dinner. "I thought that dinner at Centro was better than prom," Carl said, "and I didn't like after prom either."

photo by Matthew Schultz

Work at Dahl's instead of prom was the choice senior Skyler Walters made. "It was March and then all of the sudden it was the week of prom," Walters said. She had forgotten to take the day off but felt it wasn't a big deal because school dances weren't that important to her.

Prizes were given away to the people who put their names into the drawings at after prom. Many different companies, such as Best Buy and Portraits by Deena and Co., donated the gifts that were given away. Senior Jason Graham received black luggage from one of the companies.

student life

Junior Grant Hayward checks his cards during a poker tournament against junior Trevor Holt at Holt's house. Poker was a big sport that Hayward, Holt and their friends would play every Saturday. "We played a lot this year, especially during the (sports) off-season," Hayward said.

photo by Scott Sauber



Sophomores Julia Rude and Shawntel Noel, representing team La Paz, show off their drawings during the Spanish quiz bowl. The students were given three pictures and had to create a story, in Spanish, that tied all of the photos together.



photo by Dawn Wilkens

Junior Joey Verrant plays Patrick Callaghan from Iowa City during the state tennis tournament on May 28. Verrant lost the match and Callaghan went on to win state singles. It was Johnston's first state competitor since Ramsey Midkiff and John Sparland qualified in 2002.

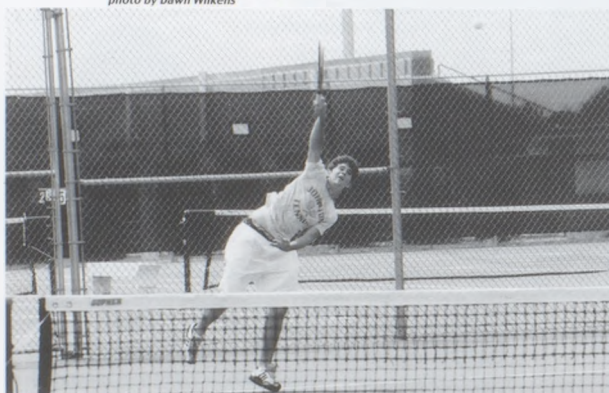
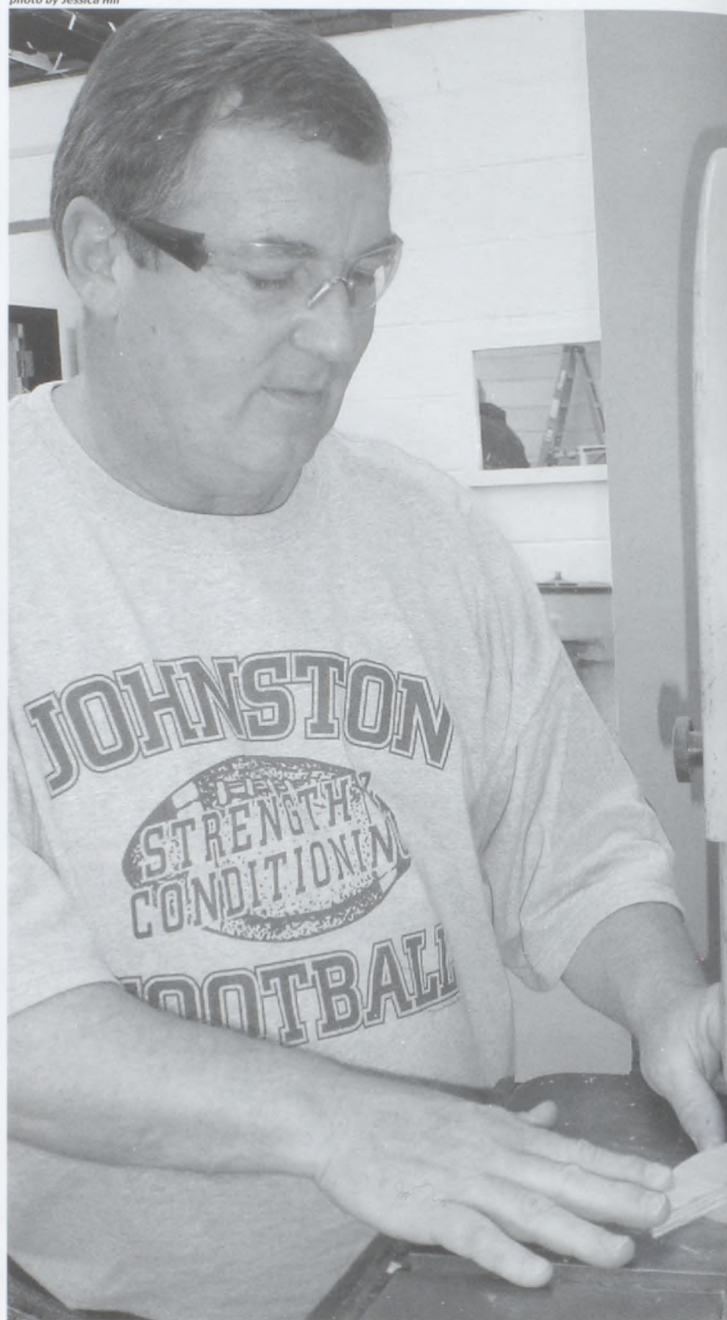


photo by Scott Sauber

photo by Jessica Hill



may

Teacher Norah Olguin's Spanish classes ordered food from El Rodeo for Cinco de Mayo, which celebrated Mexico defeating the French army in 1862. "They (El Rodeo) delivered fourth hour's food before fourth hour began and delivered sixth hour's food at the end of the period," Olguin said.

An inactive grenade was found near where president George W. Bush was speaking when he visited the country of Georgia. Georgian security did not tell the Secret Service until they were leaving the country. It was unsure if the grenade was placed there or thrown.

Movie Makes Impact

Teacher Mike Modlin slices and dices a piece of wood during Drafting. Modlin's class helped build a shed that was given to P.E. teacher Dave Beason. Modlin was retiring along with Spanish teacher Pam Barnes, secretary Judy Briles, media specialist Jeannette Babcock, English teacher Phyllis Caswell, guidance counselor Dale Doudna, and special education teachers Gail Espe and Pat Kinsey.

photo by Beth Aubuchon



Extremely focused on her part, Junior Kristin Fortney performs a scene for her church's human video (drama to music) in New Hope Assembly of God. Fortney practiced many times before she performed for Fine Arts, which was a state religious drama competition. Fortney's team was invited to nationals.

Sophomore Kyle Thomann enjoys a piece of pizza during a pizza party for the Cystic Fibrosis fundraiser. Students from the top three classes that collected the most money received a pizza party. The students raised a total about \$1,200 for the cause.



photo by Scott Sauber

Everyone was talking amongst themselves about "how sweet this movie was going to be." Suddenly the lights dimmed and the crowd went silent. The screen read "In a galaxy far, far away...." before the screen faded to black and *Star Wars* showed up on the monitor with the theme song blaring.

After a long wait, the highly anticipated event had finally arrived. "Star Wars Episode III: Revenge of the Sith," director George Lucas's final installment of his *Star Wars* series, was released May 19. In its opening four days, "Episode III" shattered records, raking in \$158.5 million. The record was previously held by "Matrix Reloaded," which made \$134.3 million.

Opening night may have been on a school night, but that didn't stop about 30 students from attending the first midnight showing at the Wynnsong theaters. "I went with a couple of friends. We got there around 7:45 p.m. and played cards in the lobby (of Wynnsong)," junior Chris Jespersen said. "It was cool. There was one guy dressed as a Jedi and another as a storm trooper (pictured at right with Jespersen). The storm trooper said he spent \$1,100 on his costume."



Junior Chris Jespersen

A Jedi was a powerful good guy in *Star Wars* whose main weapon was a light saber. A light saber was similar to a laser sword that could slice through anything. A storm trooper was a person who fought against the Jedi. Their weapon was a laser gun.

"The movie was sweet. The special effects were amazing," Jespersen said. Jespersen gave the movie four out of five stars; he thought it was the best movie of the *Star Wars* series.

Junior Elise Mullen also enjoyed the third episode of *Star Wars*. "It did a good job of explaining everything and tying all of the movies together," Mullen said.

After *Star Wars* first came out in 1977, the end had come. According to Lucas, this was the final *Star Wars* film that he would make. *spread by Scott Sauber and Evan Stone*

Star Wars
prequel
trilogy
ends
after 25
years
of waiting

A U.S. band played the first concert ever in Cuba. Audioslave performed in front of 10,000 fans in a plaza made for anti-U.S. protests. American bands had been banned in communist Cuba. The band was given approval to play by both the U.S. and Cuban governments.

Solving one of history's mysteries, W. Mark Felt, a former FBI official, revealed himself as "Deep Throat," the source who leaked secrets about the Watergate scandal to reporters Bob Woodward and Carl Bernstein. Their reporting led to President Richard Nixon's resignation in 1974.

student life

photo by Shaina White

Taking a quick look at his notes, senior Justin Steggerda delivers his commencement address to his fellow graduates. "I related my speech to the situations of the world today and how if everyone did a little bit, the world would be a better place," Steggerda said. Senior Rebecca Paszkiewicz was the other senior speaker. The graduating class voted to choose their speakers from a list of volunteers.



photo by Kristin Boscaljon



Ready to receive her academic honor, senior Jasmina Sarajlija stands proudly as principal Bruce Hukee raises her gold honor cord over her head at Class Day, while sophomore Matt Burch waits to hand over the next one. Graduates in the top 15 percent of the class were awarded gold cords and the top three percent wore white cords.

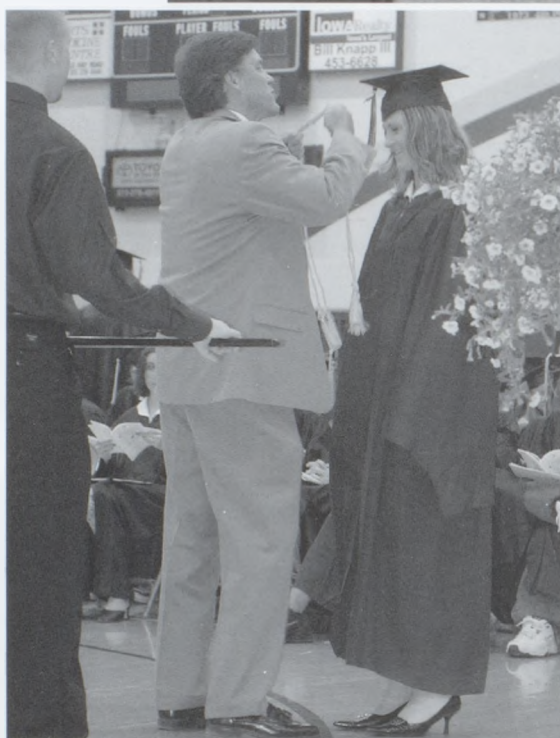


photo by Chelsea Smith

Senior Reid Baker, seated next to seniors Brad Barakat and Zach Barber, studies his program during the graduation ceremony. "I've had other siblings go through graduation so it's kind of long having to wait for everyone to get announced," Baker said. "Mr. (Paul) Miller sure did a good job at making everyone's name clear."



photo by Rebekka Broeker

graduation

Senior breakfast was held downtown at the Polk County Convention Complex. Teachers Tim Brickley, Sarah Wessling and Amy Lane were guest speakers. Afterwards, seniors returned to school to view a slideshow of photos from over the years.

Seniors enjoyed their last day of high school consuming hamburgers and hot dogs and playing games at the senior picnic. In order to participate, seniors had to bring in items to their homeroom that would be sent to soldiers fighting in Iraq.

Altered Tradition

Students,
parents
experience
kinks
in new
Class Day
setup



Gleefully clinging to the rope, senior Fannie Zhou has fun on the tire swing at senior Ashley Raes's open house. In addition to snacking on sandwiches and cupcakes and admiring photo displays, guests at Raes's party also enjoyed playing volleyball and badminton.

Arms outstretched with determination, senior Katrin Wiethoff, a German exchange student, tries to catch the lacrosse ball at the senior picnic. The graduation festivities represented both the end of Wiethoff's senior year and the impending end of her time in America. "Graduation is a pretty big deal here, and I really enjoyed it and had tons of fun," Wiethoff said.

Getting her picture taken after crossing the graduation stage, senior Ashley Aller stands still as Mullica captures her expression at such a memorable moment. Graduates' pictures were taken with their empty diploma sleeves; they received the actual diploma upon turning in their gown after the ceremony had concluded.

photo by Rebekka Broeker

Parents and students witnessed the annual Class Day ceremony in the gym. The graduating class was introduced and each organization placed momentos on the floor. Seniors also received awards that were earned throughout high school.



photo by Stacie Bendixen

As parents, students and faculty members filed into the gymnasium for Class Day, there was one major difference from years past: the seating of the graduating seniors was moved. Traditionally, the graduates would be seated in the bleachers below the press box facing the parents and students. However, the Junior/Senior Board decided to make a change. Graduates would be seated on the gym floor with both sides of bleachers filled with students and parents. There was good reason for the change, according to the Junior/Senior Board.

Adviser Jackie Sapp came up with the new plan. "I presented the change in seating to the administration, who also thought that it would be a good idea," Sapp said. "The change in seating would not only conserve time, but instead of having the seniors be seated high up in the bleachers, move them down to the main floor where they would be the focal point."



teacher Jackie Sapp

"We are also looking toward the future of Class Day," Alex Kron, Junior/Senior board member, said. "We put the seniors on the floor so that we would be able to create more open space for the ceremony since the upcoming graduating classes will be larger."

However, all of the kinks weren't worked out yet. Senior Stacie Bendixen, a band member and honor student, experienced problems with the band being displaced from the floor to the press box balcony. "Immediately after I finished playing the national anthem with the band, they started presenting the awards for the top three percent," Bendixen said. "I couldn't get down to the floor in time to receive my honor cord when my name was called. That was disappointing."

Senior Haley Parks saw another disadvantage of seniors being seated on the floor instead of in the bleachers. "It was really hard to see the momentos that each organization brought forth," Parks said. "I don't see a point to them if the senior class cannot even see them."

The change had some other drawbacks. "I did get a complaint from a parent who said that they were not able to see their son, but only their backside," Kron said. "Since the parents were moved to the opposite side of the gym, two spotlights were added to try and solve this problem." spread by Matthew Schultz

After a final shake of Hukee's hand, seniors completed their walk across the graduation stage at the Drake Knapp Center with their long-awaited diploma. For many seniors, commencement signified a new beginning in the adult world.

student life

redefine your preferences...

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Standing in the back of Vaudeville Mews, sophomore Dan Haight hangs out by the band Of Montreal's merchandise table. "I like going to the Mews because a lot of good bands play there," he said. The bands Tilly and the Wall and Poison Control Center also played that night.



Pouring hoison sauce into the pan of moo-shoo pork, sophomores Maggie Denison and Julia Rude work together on their Culinary Arts II assignment. "(Making the moo-shoo pork) was one of the more difficult recipes (teacher Ruth) Hamilton gave us. It required a lot of prep work," Denison said.



Senior Jill Haney coasts down the slide at Saylorville Sandpiper Recreation Center. Haney joined her senior class for games and food at the senior picnic, which was held on May 25. Although the day was meant for fun with fellow classmates, Haney said she was bored most of the afternoon.



photos by Kristin Boscaljon

ads and reference



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JEFF ORR '06



"This past year I have had to work extremely hard at staying out of trouble because at the beginning of the summer I will be getting out of Youth Homes of America. I've had to earn money and obey the rules so that I can get an apartment and be allowed to live on my own."

AMY SASSATELLI '07



"My Urbandale All-Star cheerleading team worked really hard and went to nationals in Florida this past May. We placed first in the nation. They gave us trophies and jackets. The whole experience was one of the best things in my life. Also this gives us something to work for in the future."

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JEREMY COOPER '05



"The type of classes I took this year changed the way I think and make decisions. I took technology-type classes and (American) Government, helped to better prepare me. I don't look at arguments as right or wrong."

NICOLE JANSEN '06



"My friend was in an accident after a party because she got into a car with a drunk driver. The truck flipped and it was very scary. She told me what had happened and we both started crying. I realized drunk driving was the worst thing you could do."

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NATE WILDER '06



"This past year my friend Chad from Humboldt committed suicide. It happened while I was working on a school play. It really made me think about how short our life is. Also I started to realize that I need to make something of myself and not let the world get to me."

HEATHER CHANCE '05



"(My redefining moment was) when I finally got accepted to college (Northwest Missouri State) and then I could start planning for the next four years of my life. I'm going to move without friends and family. This has taught me some more self-dependence."

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CHRIS AJLUNI '07



"This year I decided I didn't like the way I looked, so I decided to promise myself to lose weight, and I did. Nearly 50 pounds since January, and I'm still going. I did it the hard way: smaller portions and lots of running. This has shown me I have a strong will, so strong that I can do anything if I really concentrate and work to achieve it."

50, NAWMOM NOSTITY



"My grandpa died this year. It made me look closer at things. I took family and the people around me into consideration. The little things count for more now. I take people's feelings into consideration more now."

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KYRIE BALIUS '06



"I was living in Georgia with pretty much nothing. I had a little bit of money but that was it. I was lonely and spent holidays alone. Then my uncle flew me home to live with my mom and siblings. I now have everything I need. Plus I'm not lonely anymore. When second semester started here I came back to school and made friends."

MALLORY MCKINLEY '07



"I know everyone goes through this, but I turned 16 this year, meaning I drive now. It's the responsibility of it all. When you're driving, every person that you drive by, their life is in your hands. Sixteen is like that magic number, you're finally old enough to do whatever. We have responsibility that has effects."

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CHELSEA WILKES '06



"Basically everybody (on my synchronized swimming team, the Des Moines Aquamaids) started crying because we knew it was our year for nationals. My sister's duet placed for nationals. It makes me sad and happy at the same time because I didn't personally get to go to nationals, but I get to go and help the girls."

BILLY LANNING '07



"My sister moved out of the house a few years ago. Recently, though, she had to move back in with us because she had a son. It has been fun having her home with my nephew. But it has also been stressful. At night it can be hard to sleep if he is crying and we always have to watch out that he does not get hurt on something."

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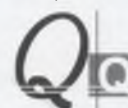
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MEGAN MOORE '06



"I found out someone I knew had been shot and murdered. It was one of the scariest things I've ever experienced. It really made me cherish my life and to keep me on the right track. It's so important to do the right things and to not get involved with something that could threaten your life. We know now that he's in a better place."

BRYCE DEVINE '05



"I took a class at Central (Campus) on Auto Technology. I learned new things that expanded my thinking process. I gained more knowledge. Before I didn't have a good handle on cars. Now I have a good idea on how to work on cars and diagnose what is wrong."

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CHRISTINE SCHEMP '07



"I met Romain (a French exchange student), and he said I had beautiful eyes. Then we hung out at (senior) Trent Peterson's bonfire. He asked me to be his girlfriend until he went back to France. He had very bad English, so we had some communicating problems. I plan to visit France next year for spring break to visit."

JENNIFER FOX '05



"Getting accepted to college (Des Moines Area Community College was my redefining moment) because now your path has been set for you. It makes knowing you're going to college less stressful. Knowing that someone wants you in their institution is kind of gratifying."

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AMELA SMAJLOVIC '07



"Something that I had to redefine my life for was when I recently found out I was going to be an aunt. I realized that I wasn't going to be the baby of the family anymore, and I'm way too young to be an aunt."

ADAM HOEF '06



"I moved here from Boone this year and this has been one very redefining change in my life. As far as I know, it has not been for the better, but maybe somewhere down the road it may be a positive experience."

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MEGAN BROWNING '07



"Living in Iowa is definitely different. It's slower here, calmer. My dad's company sold off the part he worked in and he got a job here that does the same thing. We sold our house, packed up and moved (from Michigan). I've been here since July. I've done it before. I knew the drill. It's kind of good so far. A little more stability is nice."

RYAN OLSON '05



"My redefining moment was when I realized what teaching was. I helped tutor a kid named Gabe (at Maullon Elementary in Des Moines for the Service Learning Project for American Government). I now might consider being a teacher. I think I would make a good teacher."

reference

redefine.

It was unmistakable. As the year drew to a close, we could feel it; things had changed, and they would never be the same again. Our school was not the only sphere of life completely reshaped; the entire world felt the far-reaching effects of many transformations. Horrific violence continued almost daily in Iraq as the American public questioned more and more the original reasons for invading. But there were also positive developments: the Iraqi people took a tentative step toward democracy as they voted for the first time in 50 years. A deadly tsunami rocked southeast Asia and caught the world off guard, leaving hundreds of thousands dead in its wake and changing as many lives forever. Catholics all over the globe mourned the death of a beloved pope and rejoiced in the election of a new one, as the world witnessed the spectacle of rituals hundreds of years old. It was history in the making, and we witnessed it all.

Even after a year of redefinition, we still weren't finished; we would continue to grow and change after the final bell rang and lockers slammed shut for the last time. With a large number of staff retiring and many fresh faces hired for the next year, the school's dynamic would keep on shifting. Talks had already begun of even more additions to the district to keep up with its constant growth- we would be bursting at the seams again in no time. We knew that it wasn't over, and we should stay tuned for more exciting trails to blaze. This was our story- always changing, rearranging, adapting and adjusting. But we wouldn't miss it for the world; after all, life would be pretty boring without a little redefinition every now and then. *spread by Kristin Boscaljon, theme copy by Stacie Bendixen*



1) Junior Lia Yoon talks to French exchange student Marine Jouve about the differences between America and France. The two spent their early dismissal afternoon eating Indian food at Indian Cuisine with Jouve's host, senior Emily Bibler, and a group of five other friends. The exchange students were in Iowa from April 25 to May 3.



photo by Elizabeth Timmins



photo by Kristin Boscaljon

2) With her shoes kicked off, junior Diane Brown reads *Napoleon's Buttons: How 17 Molecules Changed History* in the LMC. "I was supposed to be in the library working on my (Accelerated World Studies) homework, but everyone knows how that goes. I just ended up reading my book instead," she said.

3) Democratic enthusiast Jenna Craggs speaks with a local resident as she goes door-knocking for the Democratic campaign. Craggs walked door to door to survey homes, collect absentee ballots and convince unsure Republicans and Independents to vote Democratic in the November elections. "If you really believe in it (a democracy), you should do something about it. The voice of the people are only heard if they say something," Craggs said.



photo by Emily McPherson

4) Sophomore Jenna Winzenburg records a message to be played on Kids Radio Mania 88.1 FM. Winzenburg had been speaking on Kids Radio Mania since she was four years old. Her father, Stephen Winzenburg, managed the station.

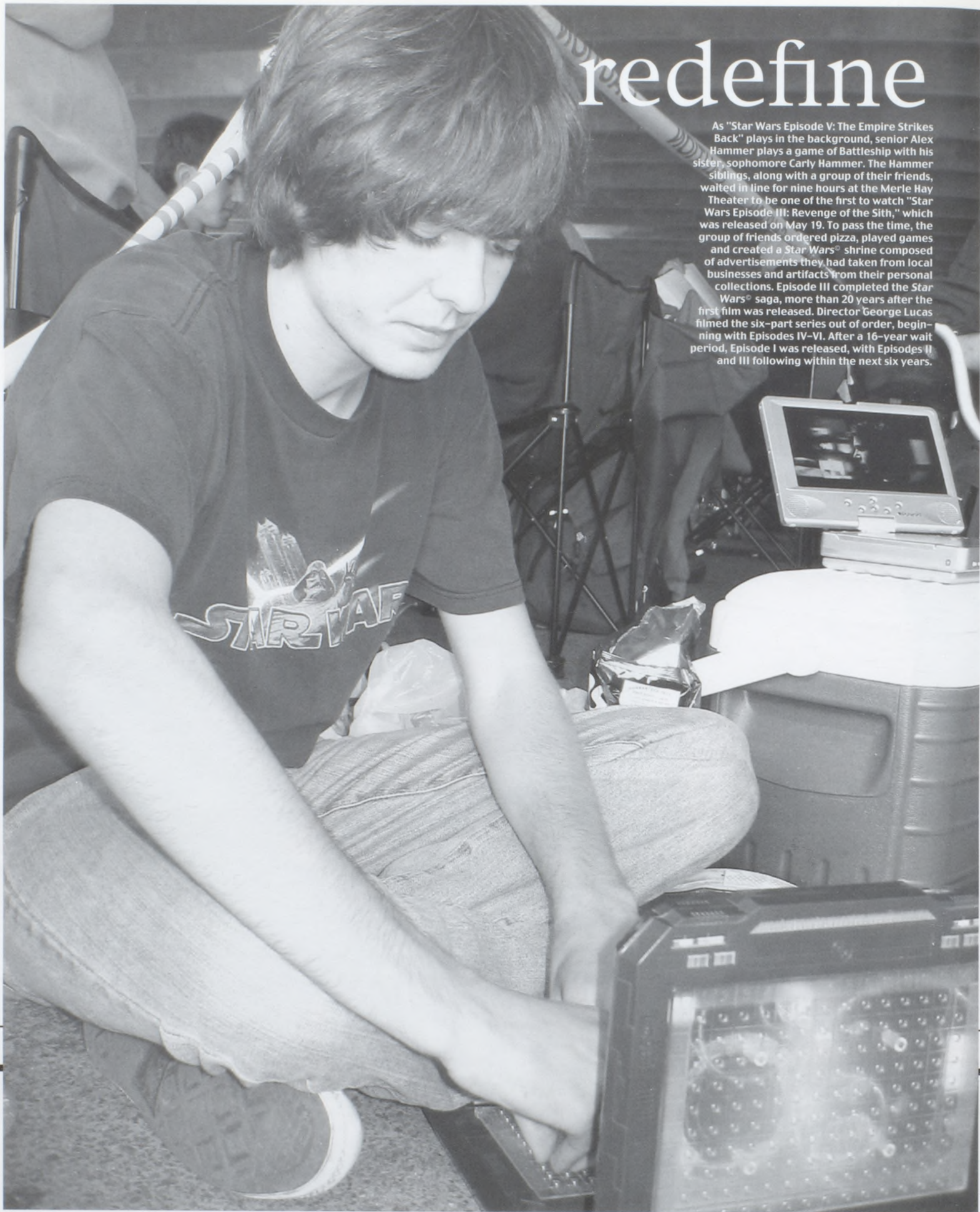


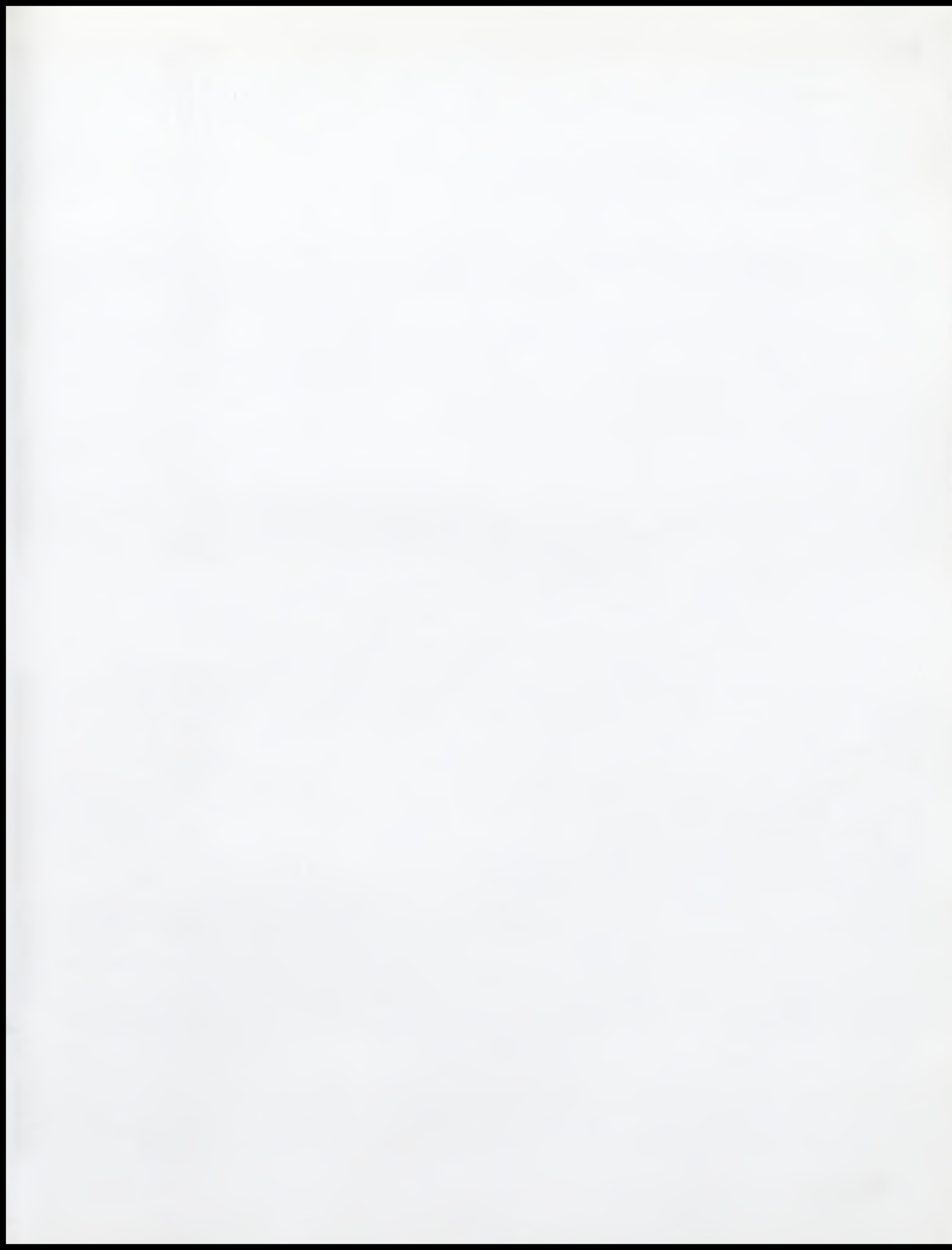
photo by Kristin Boscaljon



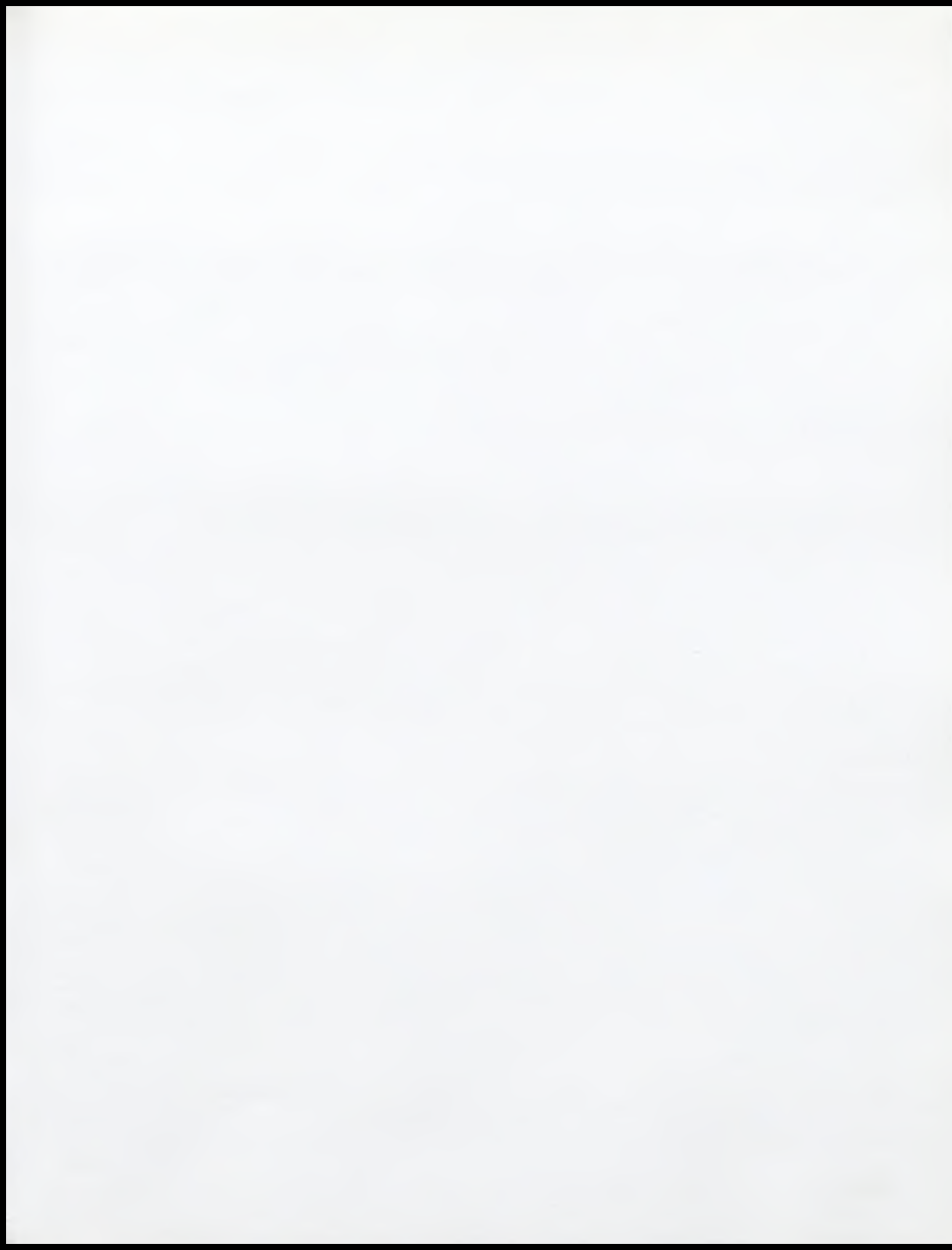
redefine

As "Star Wars Episode V: The Empire Strikes Back" plays in the background, senior Alex Hammer plays a game of Battleship with his sister, sophomore Carly Hammer. The Hammer siblings, along with a group of their friends, waited in line for nine hours at the Merle Hay Theater to be one of the first to watch "Star Wars Episode III: Revenge of the Sith," which was released on May 19. To pass the time, the group of friends ordered pizza, played games and created a Star Wars® shrine composed of advertisements they had taken from local businesses and artifacts from their personal collections. Episode III completed the Star Wars® saga, more than 20 years after the first film was released. Director George Lucas filmed the six-part series out of order, beginning with Episodes IV-VI. After a 16-year wait period, Episode I was released, with Episodes II and III following within the next six years.











Managing Editors: Megan shorty O'Toole, Alicia i'm a winner Corron

Executive Editor: Stacie twist and tie and shout and Bendixen

Creative Director: Kristin i thought you were david's cat Boscaljon

Photo Editor: Afton smalls Simpson

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Adviser: Leslie shippy Shipp

Colophon:

Here you go. The 58th edition of The Dragon. If you were amazing, you bought your yearbook with a nameplate for \$44. If you weren't, you bought it without for \$39. Once everyone got their butts in gear, we sold a total of \$6,500 in advertisements. All of our hard work was done on eight eMacs, two iBooks and an abused laptop that we didn't use if at all possible, which had both Adobe PageMaker 7.0 and InDesign 2.0.2 on them. Every bit of printing (with the exception of the accidental prints down to the library's color printer... sorry, Mrs. Babcock) was done on our brand spankin' new printer the HP LaserJet 5100tn, which was smaller, faster and better than our old hunk of junk. After everyone got the nod from Stacie Bendixen, editing guru, that their pages were done they were shipped off to Herff Jones Company at 940 West 1400 North, Logan Utah, 84321. Most of the photographs in The Dragon were taken on our two new digital Nikon D-70 cameras, or our slightly-less-new Power Shot Canon G2. We found these to be in high demand, so the unlucky souls that didn't get one had to use one of our two film cameras, the Nikon N65 or the Nikon N80. All photo editing was done on Adobe Photoshop 7.0. On the rare occasion that we had film, it was processed at the 86th Street Dahl's. Cover design was done by Kristin, with much encouragement from other staff members. The final cover color was a special navy blue mix (HJ281) provided by Herff Jones. Mad props to Alicia for helping design some of the layouts. After all was said and done, we sold 750 yearbooks to you kiddies. Special thanks goes out to Marc Havnen, the yearbook guy, first and foremost for bringing us candy, helping us out with all of our puzzling questions, and making way too many extra trips to the lab to replace things that Alicia lost. The 2004 Dragon won us a plethora of awards. The National Scholastic Press Association gave us a first class rating, the Columbia Scholastic Press Association named us Silver Medalist, and the Iowa High School Press Association said The Dragon was the second best book in the state. A big shout-out to everyone that made this book what it is today.

The other side:

Following suit with our great idea for the mug shot pages, the staff got together and switched places with one another. The chances that you understand why everyone is doing what they're doing is pretty slim, but we invite you to guess. If you get really bored, you can always get out your crayons and magic markers and connect the people you think switched. Or you could just ask one of us; or you could just not care. Special thanks to Zorn and Bosco spending three weeks of their lives doing cutouts, and everyone else who did stuff that made these endsheets possible.

shaina



alicia



stacie



matt and the pullen brothers



andy



shipp



scott



evan



logan and the school mascot



amanda



dani and mr. brickley



beth



nate



felicia



lindsey



kristin



megen



bekka



afton



david



stacie



liz



meri



chelsea



